



# Olive Oil Yogurt Carrot Muffins

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 1/2 cup whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup olive oil
- 1/2 cup brown sugar
- 1 cup shredded carrots
- 1/2 cup plain yogurt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 cup each walnuts, raisins
- Maple syrup

175 C, Muffin pan

## Instructions

1. Mix oil, sugar, carrots and yogurt in mixing bowl.
2. Sift flour, baking powder, baking soda, spices in another bowl.
3. Add dry ingredients to wet mixture. Combine well
4. Mix in raisins and walnuts.
5. Scoop out batter into lined muffin pan.
6. Bake for 25 minutes of until puffed up and golden brown.
7. When cooled, brush tops of muffins with a bit of maple syrup.