

Carrot Spice Muffins

Delicious, with the spices delicately balanced.

Author: Dorie Greenspan's BAKING: From My Home to Yours



Notes: These are at their best about 30 minutes after baking. They will keep for one day, well covered, but then they should be frozen for up to 2 months. Reheat them (whole or cut in halves) for a few minutes at 350°.

Servings: 12

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 10 minutes

1. Center a rack in the oven and preheat to 375°. Butter or spray the 12 muffin molds in a regular sized muffin tin, or fit the molds with paper muffin cups. Alternately, use a silicone muffin pan, which needs neither greasing nor paper cups. Place the muffin pan on a baking sheet.
2. In a large bowl, whisk together the flour, sugar, baking powder, cinnamon, ginger, baking soda and salt. Stir in the brown sugar, making certain there are no lumps. In a large glass measuring cup or another bowl, whisk the oil, eggs, milk and vanilla extract together until well combined. Pour the liquid ingredients over the dry ingredients and, with the whisk or a rubber spatula, gently but quickly stir to blend. Don't worry about being thorough - a few lumps are better than over-mixing the batter. Stir in the carrots, coconut, currants and nuts. Divide the batter evenly among the muffin cups.
3. Bake for 20 minutes, or until a thin knife inserted into the center of the muffins comes out clean. Transfer the pan to a rack and cool 5 minutes before carefully removing each muffin from its mold.

2 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
1 1/2 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp baking soda
1/4 tsp salt
1/2 cup light brown sugar, packed
2/3 cup vegetable oil
2 large eggs
3/4 cup whole milk
1 tsp vanilla extract
**1 cup shredded carrots, about 3,
peeled and trimmed**
**1/2 cup coconut, shredded,
sweetened**
1/3 cup raisins, or currants
**1/3 cup pecans, or walnuts, toasted,
cooled and chopped**

Per Serving (excluding unknown items): 310
Calories; 17g Fat (48.0% calories from fat); 4g
Protein; 37g Carbohydrate; 2g Dietary Fiber;
37mg Cholesterol; 219mg Sodium.
Exchanges: 1 Grain(Starch); 0 Lean Meat; 0
Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1
Other Carbohydrates.