

TRICARROTOPS MUFFINS

INGREDIENTS

1 cup whole wheat flour
1 cup all purpose flour
1 cup coconut sugar or brown sugar
3 tsp cinnamon
1 tsp ginger
1.5 tsp baking soda
1/2 tsp salt
2.5 cups grated carrots
3 large eggs
2/3 cup olive oil
2 tsp vanilla



HOW - TO

Have a grown up preheat your oven to 190°C and either line a muffin tin with paper cups or give it a quick spritz of oil.

Begin by whisking together the oil and sugar in a large bowl. Integrate the vanilla, adding one egg at a time.

In a separate bowl, combine all the dry ingredients: flours, cinnamon, ginger, salt, and baking soda.

Combine the wet and dry ingredients until just mixed. Introduce the grated carrots and mix until the batter reaches a harmonious consistency.

Evenly distribute the batter into the muffin tin. Bake for 15-18 minutes or until a toothpick inserted comes out clean. Allow the muffins to cool for 5 minutes before transferring them to a wire cooling rack. Enjoy!



**GINGER AND THE
VEGESAUERS**

