



## Carrot Spice Muffins

 Vegetarian  Vegan

READY IN



45 min.

SERVINGS



12

CALORIES



167 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup agave nectar
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cup carrots shredded ( 3)
- 1 teaspoon cinnamon
- 0.8 teaspoon ginger
- 1 tablespoon ground flaxseed
- 0.3 cup evaporated cane juice

- 0.3 cup raisins
- 0.5 teaspoon salt
- 0.5 cup vanilla-flavored soy yogurt (see note)
- 0.3 cup apple sauce unsweetened
- 1 teaspoon vanilla
- 12 servings tsp vanilla sugar
- 0.3 cup water
- 1.8 cups flour whole wheat white (or a mixture of and unbleached flours)

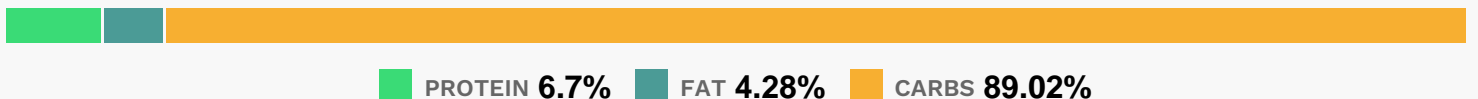
## Equipment

- bowl
- oven
- toothpicks
- muffin liners

## Directions

- Mix together all dry ingredients in a large bowl. In a small bowl, combine the liquid ingredients.
- Add the liquid to the dry and mix just long enough to combine.
- Add the carrots and raisins and stir to combine. Spoon the batter into the muffin cups—it will be very thick.
- Sprinkle with vanilla sugar, if desired.
- Bake for 15–20 minutes, until a toothpick comes out clean. Note: People sensitive to soy may try substituting rice milk or other non-dairy milk.

## Nutrition Facts



## Properties

Glycemic Index:27.89, Glycemic Load:10.95, Inflammation Score:-9, Nutrition Score:4.6013042434402%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## **Nutrients (% of daily need)**

Calories: 166.65kcal (8.33%), Fat: 0.84g (1.29%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 39.08g (13.03%), Net Carbohydrates: 36.3g (13.2%), Sugar: 22.25g (24.72%), Cholesterol: 0mg (0%), Sodium: 237.53mg (10.33%), Alcohol: 0.1g (100%), Alcohol %: 0.18% (100%), Protein: 2.94g (5.88%), Vitamin A: 2675.42IU (53.51%), Fiber: 2.78g (11.12%), Calcium: 53.74mg (5.37%), Vitamin C: 3.48mg (4.22%), Manganese: 0.08mg (3.92%), Iron: 0.65mg (3.6%), Vitamin K: 3.6µg (3.43%), Potassium: 108.81mg (3.11%), Vitamin B6: 0.05mg (2.36%), Vitamin B1: 0.03mg (2.19%), Phosphorus: 19.48mg (1.95%), Vitamin B2: 0.03mg (1.8%), Magnesium: 5.71mg (1.43%), Copper: 0.03mg (1.43%), Folate: 5.7µg (1.42%), Vitamin B3: 0.26mg (1.31%), Vitamin E: 0.18mg (1.22%)