

Savoury Carrot Muffins



Serves 12



30minutes



All seasons



Carrot

INGREDIENTS:

- 1.5 cups wholemeal flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp oregano
- 1 large egg
- 1/4 cup sunflower or grapeseed oil
- 3/4 cup reduced-fat milk
- 1 cup grated carrots
- 1/2 cup corn kernels (fresh, canned, or thawed if frozen)
- 1/2 cup reduced-fat shredded cheddar cheese
- 3 tbsp pumpkin seeds

METHOD:

1. Preheat your oven to 190°C and prepare a muffin tin with liners or by spraying the cups with spray oil.
2. Dry ingredients: In a large mixing bowl, sift the flour, baking powder, baking soda, salt, and dried oregano. Mix well.
3. Fold in the grated carrots, corn kernels, and shredded cheese into the dry ingredients.
4. Wet ingredients: In a different bowl, gently whisk the egg until it is frothy and light. Add oil and milk to this and mix until well combined.
5. Make a well in the dry ingredients and add the wet ingredients. Fold gently until just combined (overmixing will make the muffins heavy and dense).
6. Use a spoon to divide the batter evenly among the muffin cups, filling each about 3/4 full.
7. Sprinkle the pumpkin seeds on top of each cup and gently press them down a little into the batter. This helps the seeds stick to the muffins and not fall off after baking.
8. Bake for 20-25 minutes, or until the tops are golden and a toothpick inserted into the centre of a muffin comes out clean.
9. Let the muffins cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

TIPS:

- You can add more vegetables, such as zucchini or spinach, to this recipe.
- To make the recipe vegan-friendly, you can replace:
 - Egg with flax egg (1 tbsp ground flaxseed mixed with 3 tbsp water, let sit for 15 mins).
 - Milk with unsweetened plant-based milk (almond, soy, oats etc).
 - Cheddar with vegan cheese.
- You can replace pumpkin seeds with sunflower seeds or chopped walnuts or pecans.
- You can substitute oregano with other dried herbs such as thyme, rosemary or mixed Italian herbs.

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