

YIELD: 12-15

# Apple Carrot Muffins

Delicious moist Apple & Carrot Muffins

## PREP TIME

15 minutes

## COOK TIME

18 minutes

## ADDITIONAL TIME

5 minutes

## TOTAL TIME

5 minutes



## Ingredients

- 2 Cups Plain White Flour, 280grams
- 3/4 Cup White Sugar, 185 grams
- 1/4 Cup Coconut, desiccated, 22 grams\*
- 2 teaspoons Baking Soda
- 1/2 teaspoon Salt
- 1 teaspoon Cinnamon
- 1 teaspoon Nutmeg
- 1/2 Cup Walnuts, diced\*

- 3 Eggs, large
- 1/2 Cup Canola Oil, 125mls
- 2 teaspoons Vanilla Essence
- 2 Cups Carrot, approx 2 large carrots, 150 grams, peeled and grated
- 1 Cup Apple, approx 2 apples, 130 grams, peeled and grated
- Brown Sugar
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## Instructions

1. Preheat the oven to 175 C Bake, 350 F
2. Prepare a 12 hole muffin tray and spray liberally with baking spray or grease with oil or butter, set aside
3. In a large bowl add the flour, sugar, coconut\*, baking soda, salt, cinnamon, nutmeg and diced walnuts\*
4. Stir well to combine with a wooden spoon
5. Gently beat together the eggs and add to the dry ingredients, along with the vegetable oil and vanilla and carefully fold to combine until no flour remains visible.
6. Add to this the peeled and grated carrot and apple and carefully fold through, ensure evenly distributed without overmixing.
7. Spoon mixture into the prepared muffin tins until almost full, sprinkle with brown sugar for an added crunch if you wish.
8. Bake for 18-22 minutes or until they spring back to the touch, or a skewer comes out clean
9. Remove from the oven and allow the muffins to stand for 5 minutes before carefully removing them onto a wire rack to completely cool.

10. Once cold store in an airtight container. Serve warm or cold

11. Enjoy!

## Notes

### **\*Can I omit the coconut or walnuts?**

Yes you can omit both without needing to alter the recipe

### **Do these Apple & Carrot Muffins freeze well?**

Yes they do! Simply allow them to completely cool before placing them in an airtight container and freezing.



### **Did you make this recipe?**

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