

Carrot Muffins with a Hint of Ginger by Capital Grills

Ingredients

2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons cinnamon
¼ teaspoon salt
¼ teaspoon ginger
1 ¼ cups sugar
2 cups shredded carrots
1 cup applesauce
½ cup walnuts, finely chopped
¼ cup sweetened flaked coconut
3 large eggs
1 cup canola oil
1 teaspoon vanilla

Preparation Method

1. Preheat oven to 350°F. Grease 18 regular-sized muffin cups.
2. In a large bowl sift together flour, baking soda, cinnamon, ginger, and salt. Set aside. In a bowl whisk together eggs, oil, and vanilla and sugar. Add shredded carrots, walnuts, and coconut. Stir in applesauce until batter is just combined.
3. Fill muffin cups $\frac{3}{4}$ full, and bake in middle of oven until puffed and a toothpick comes out clean, 15 to 20 minutes. Cool muffins, leaving in the muffin pan, on a rack, 5 minutes, before turning out of the pan, to cool completely.