

Carrot Chia Muffins

Adapted from Coupeville Farm to School



MAKES 12 MUFFINS

INGREDIENTS

- 2 Tablespoons chia seeds (*we gave you more*)
- 1/3 cup water
- 2 cups flour (*we gave you half all-purpose flour, half white whole wheat flour*)
- 1 cup rolled oats
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1/2 cup vegetable oil
- 2 cups grated carrots
- 1 cup milk
- 3/4 cup brown sugar
- *Optional: 2 teaspoons vanilla extract*

DIRECTIONS:

1. Preheat oven to 375°F. Grease or line muffin pan or 8 inch x 8 inch metal cake pan.
2. In a small bowl, combine the chia seeds and water. Stir and set aside.
3. In a large bowl, whisk together flour, oats, baking powder, salt, cinnamon, nutmeg, and ginger.
4. Combine vegetable oil, grated carrots, milk, brown sugar, vanilla (if using), and chia seed mixture. Stir together.
5. Add wet ingredients to dry ingredients. Stir with a wooden spoon or rubber spatula until combined.
6. Divide batter into muffin tins or pour into prepared cake pan.
7. Bake for 20-25 minutes. Muffins are ready when a toothpick stuck into the middle comes out clean. Let muffins cool in pan for 5 minutes.

Cake Pan Instructions: Bake for 45-60 minutes.

DEMO VIDEO: Search “Concrete Farm to School Carrot Chia Muffins” on Youtube