



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Carrot Cake Muffins

These carrot cake muffins are filled with fiber, protein, and healthy fats. Top with a spoonful of Greek yogurt for a low-sugar snack or breakfast!



CHEF'S NOTES

Try adding unsweetened shredded coconut, pecans, raisins, or diced pineapple to boost the carrot cake flavor.

Did you know that carrots are an excellent source of pectin? Pectin is a type of soluble fiber linked to improved gut health, blood sugar control, and cholesterol absorption!

YIELD	PREP TIME	TOTAL TIME
12 SERVINGS	15 MIN	30 MIN

INGREDIENTS

1 cup	Whole Wheat Flour
½ cups	All-Purpose Flour
1/3 cup	Light Brown Sugar
1 ½ tsp	Baking Powder
½ tsp	Baking Soda
2 tsp	Cinnamon, ground
1 tsp	Ginger, ground
½ tsp	Nutmeg, ground
¼ tsp	Kosher Salt
1/3 cup	Canola Oil
1 large	Egg
½ cup	Milk
½ cup	Plain Greek Yogurt, unsweetened
1 tsp	Vanilla Extract
2 cups	Carrots, peeled & grated (about 2 large carrots or 3 medium carrots)
½ cup	Walnuts, raw & unsalted, roughly chopped

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 400 F. Line a 12-cup muffin pan with paper liners and spray with nonstick cooking spray.
2. In a large mixing bowl, combine whole wheat flour, all-purpose flour, brown sugar, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt. Whisk to combine thoroughly.
3. In a separate medium mixing bowl, combine the canola oil, eggs, milk, yogurt, and vanilla and use the whisk to combine thoroughly.
4. Add the wet ingredients to the dry ingredients and mix using a rubber spatula until just combined with no dry streaks, being careful not to overmix.
5. Add the grated carrots and chopped walnuts and fold gently to combine.

Nutrition Facts Found on the Reverse Side

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6. Use a muffin scoop to divide the batter between 12 muffin cups, filling each cup about 2/3 full.
7. Bake until the muffins appear golden on top, and a toothpick or cake tester comes out clean, about 12 to 14 minutes. Place the muffins on a cooling rack to cool completely.

Nutrition Facts	
12 servings per container	
Serving Size	1 muffin (76 g)
Amount per serving	
Calories	180
	% Daily Value *
Total Fat 10g	13%
Saturated Fat 1g	5%
<i>Trans Fat 0g</i>	
Cholesterol 15mg	6%
Sodium 180mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	8%
Total Sugars 7g	
Includes 5g Added Sugars	11%
Protein 5g	9%
Vitamin D 0.21mcg	0%
Calcium 40mg	3%
Iron 0.59mg	3%
Potassium 200mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

