

Apple and Carrot Muffins with Cinnamon and Oats

Prep: 15 minutes • Cook: 20–22 minutes

Fluffy, lightly sweet muffins studded with grated apple and carrot, warmly spiced with cinnamon and rounded out by hearty oats for a wholesome breakfast or snack.

Ingredients

- 1 1/2 cups all-purpose flour
- 1/2 cup quick oats
- 1/4 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 cup oil
- 1/4 cup milk
- 3/4 cup sugar
- 2 large eggs
- 1 cup carrot (grated)
- 1 cup apple (grated)

Instructions

1. Preheat oven to 375°F (190°C). Grease a 12-cup muffin tin or line with paper liners.
2. In a large bowl, combine all-purpose flour, quick oats, salt, baking powder, baking soda, and cinnamon.
3. In a separate bowl, whisk together oil, milk, sugar, and eggs until smooth.
4. Grate the carrots and apple using a box grater or food processor. Add the grated carrot and apple to the dry ingredients and mix to distribute.
5. Pour the wet mixture into the dry mixture and stir just until combined; do not overmix.
6. Divide the batter evenly among the prepared muffin cups.
7. Bake for 20–22 minutes, until golden and a tester inserted in the center comes out clean.
8. Cool in the pan for 5 minutes, then transfer muffins to a wire rack to cool completely.

Tags: Breakfast, Muffins, Apple, Carrot, Cinnamon, Oats

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