

Carrot Raisin Quinoa Muffins

Yields: 12 muffins
Serving size: 1 muffin



Ingredients

- 1 1/2 cups cooked, cooled quinoa – (about 3/4 cup uncooked)
- 2 cups white whole wheat flour
- 1/2 cup skim milk powder
- 2/3 cup packed dark brown sugar*
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon kosher salt
- 1 large egg
- 1/2 cup low fat buttermilk, – plus 2 tablespoons
- 1/4 cup plain non-fat Greek yogurt
- 3 tablespoons canola oil – or melted, cooled coconut oil
- 1 teaspoon pure vanilla extract
- 1 cup freshly grated carrots – lightly pressed dry
- 1/2 cup mix-ins: toasted chopped walnuts – or pecans, raisins, golden raisins, dried cranberries, chopped dried apricots, or other chopped dried fruit



Nutritional information (with walnuts)

- Calories: 212
- Fat: 6g
- Sodium: 105mg
- Carbohydrates: 34g
- Fiber: 4g
- Protein: 6g

Adapted from:

[https://www.wellplated.com/
carrot-quinoa-muffins/](https://www.wellplated.com/carrot-quinoa-muffins/)



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Directions

- If needed, cook the quinoa. Be careful not to overcook or use more than the necessary amount of water. The quinoa grains should be tender but still separate, rather than mushy and clumped together.
- Preheat your oven to 350 degrees F. Line a standard muffin tin with paper liners or lightly coat with cooking spray.
- In a large bowl, whisk together the cooked quinoa, white whole wheat flour, brown sugar, cinnamon, ginger, baking powder, and salt.
- In a small bowl or large measuring cup, whisk together the egg, buttermilk, yogurt, oil, and vanilla. Add the milk mixture to the quinoa mixture and stir by hand, just until combined. Gently fold in the carrots and any desired mix-ins. Divide among the muffin cups.
- Bake 25 to 28 minutes, until a toothpick inserted into the center of a muffin comes out clean. Place the pan on a wire rack and let cool for 5 minutes. Gently remove the muffins from the pan and place on the wire rack to cool completely. Enjoy plain or with a smear of peanut butter, apple butter, or a bit of softened, salted butter.

Find out more

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