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Raisin-Carrot Muffins

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Ingredients

- ❖ boiling water
- ❖ 2/3 cup(s) raisins, golden
- ❖ 1 1/2 cup(s) flour, all-purpose
- ❖ 1/2 cup(s) flour, whole-wheat
- ❖ 1/3 cup(s) wheat germ, toasted
- ❖ 1 1/2 teaspoon baking powder
- ❖ 1/2 teaspoon baking soda
- ❖ 1/2 teaspoon salt
- ❖ 1/2 teaspoon cinnamon, ground, plus additional to sprinkle on muffin tops
- ❖ 1 egg(s), beaten
- ❖ 1 1/4 cup(s) buttermilk
- ❖ 1/3 cup(s) sugar, brown (packed)
- ❖ 1/4 cup(s) oil, cooking
- ❖ 1 cup(s) carrot(s), shredded



Preparation

1. Preheat oven to 400°F. Lightly grease sixteen 2 1/2-inch muffin cups or line with paper bake cups. In a small bowl, pour enough boiling water over raisins or currants to cover; set aside.
2. In a medium bowl, combine all-purpose flour, whole wheat flour, wheat germ, baking powder, baking soda, salt, and the 1/2 teaspoon cinnamon. Make a well in the center of flour mixture.
3. In a small bowl, combine egg, buttermilk, brown sugar, and oil. Add the egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Drain raisins or currants. Gently fold raisins or currants and carrot into batter.
4. Spoon batter into the prepared muffin cups, filling each cup about two-thirds full. Sprinkle with additional cinnamon. Bake for 18 to 20 minutes or until golden brown. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups. Serve warm.