

Carrot Cake Muffins

INGREDIENTS

Dry Ingredients

- 1 cup all-purpose flour
- 1 cup white whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1½ tsp cinnamon
- ¼ tsp nutmeg

Add-Ins

- 1½ cups finely grated carrots (lightly packed)
- *Optional: 2 tbsp crushed pineapple (drained)*
- *Optional: ¼ cup chopped pecans*

Cinnamon Crumble

- ¾ cup flour
- ½ cup brown sugar or coconut sugar
- 1½ tsp cinnamon
- Pinch salt
- 5 tbsp melted butter

Wet Ingredients

- 2 large eggs
- ½ cup olive oil
- ½ cup pure maple syrup
- ¼ cup brown sugar or coconut sugar
- ¾ cup plain Greek yogurt
- 1 tsp vanilla extract

Cream Cheese Drizzle

- 2 oz cream cheese, softened
- 2 tbsp Greek yogurt
- 2-3 tbsp powdered sugar
- Splash milk (to thin)
- ¼ tsp vanilla

DIRECTIONS

1. Preheat oven to 400°F. Line a 12-cup muffin tin.
2. Make Cinnamon Crumble.
 - a. Mix until combined.
 - b. Then squeeze mixture in your hands to form large clumps. Break into chunks.
 - c. You want pieces, not sand.
3. Whisk all dry ingredients in a bowl.
4. In a separate bowl, whisk: Eggs, olive oil, maple syrup, sugar, yogurt, and vanilla until smooth.
5. Gently fold wet into dry until just combined. Do not overmix.
6. Fold in grated carrots (and optional add-ins). Batter will be thick.
7. Fill muffin liners almost to the top (slightly mounded).
8. Generously pile crumb topping on each muffin.
9. Lightly press crumb into batter so it adheres. Do not be shy here.
10. Bake at 400°F for 5 minutes, then reduce heat to 350°F (without opening oven) and bake another 14-17 minutes. (Total bake time: about 19-22 minutes)
11. Muffins are done when centers are set and tops are golden.
12. Whisk drizzle ingredients until smooth and thin enough to drizzle in ribbons.
13. Cool completely before drizzling.
14. Drizzle lightly in thin ribbons (not frosting, just that bakery finish)