

Spiced Carrot Muffins

1 $\frac{1}{2}$ cups flour	$\frac{3}{4}$ cup br. sugar
1 tea baking powder	1 egg
1 " " Soda	$\frac{1}{2}$ cup buttermilk
$\frac{1}{2}$ tsp cinnamon	or sour cream
$\frac{1}{2}$ " salt	$\frac{1}{3}$ cup veg oil
$\frac{1}{4}$ tsp nutmeg	$\frac{1}{2}$ tsp vanilla
$\frac{1}{2}$ cup raisins	1 $\frac{1}{2}$ cup grated carrots
$\frac{1}{2}$ " nuts (opt)	

Oven 400°. Put dry ingredients
in large bowl. Beat together
egg, milk oil + vanilla.

Stir in carrots, raisins + nuts.

~~Stir in carrot~~ Pour in dry ingredients.

Batter is dry. Do not overmix.

Muffin tin $\frac{3}{4}$ full - 15 to 17 mins

196 Calories per muffin.

12 muffins