



Carrot & Quinoa Muffins

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 muffin

Amount per Serving

Calories	217 kcal
Protein	4.45 g
Carbohydrate	26.82 g
Total Fat	10.67 g
Saturated Fat	1.57 g
Cholesterol	31.61 mg
Vitamin A	2127.08 IU
Vitamin C	0.84 mg
Iron	1.25 mg
Calcium	46.98 mg
Sodium	317.82 mg
Dietary Fiber	2.18 g

EQUIVALENTS: 1 muffin provides 1 oz equiv WGR grain and 1/8 cup red/orange vegetable (or 1/8 cup starchy vegetable if using parsnips).

Recipe HACCP Process: #2 Same Day Service

“Of all the muffin recipes we tried, this was my favorite!

So moist and filling.”

— AMY GIFFORD

Carrot & Quinoa Muffins • 48 servings (1 muffin)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		2⅔ cups	<ol style="list-style-type: none"> Bring water to a boil in a large saucepan. Add quinoa, reduce heat to a simmer and cook until tender, 15 to 20 minutes. Spread on a sheet pan and let cool. 	<ul style="list-style-type: none"> Try this recipe with an equal amount of parsnips in place of the carrots plus 2 tsp ground coriander. <p>Make ahead:</p> <ul style="list-style-type: none"> Refrigerate cooked quinoa up to 3 days in advance. Refrigerate shredded carrots up to 1 day in advance. Mix dry ingredients and store at room temperature for up to 3 days. Mix wet ingredients and refrigerate for up to 1 day.
Quinoa, rinsed and drained		1⅓ cup		
			<ol style="list-style-type: none"> Preheat convection oven to 375°F or conventional oven to 400°F. Line 48 muffin tins with muffin tin liners. Coat the muffin tin liners with cooking spray. 	
Whole-wheat flour	1 lb	3 cups	<ol style="list-style-type: none"> Sift whole-wheat flour, all-purpose flour, baking soda, cinnamon and salt in a large bowl. 	
Enriched all-purpose flour	1 lb	3 cups		
Baking powder		¼ cup		
Ground cinnamon		3 Tbsp		
Kosher salt		1 Tbsp		
Eggs		8 large		
Vegetable oil		2 cups	<ol style="list-style-type: none"> Whisk eggs in another large bowl. Add oil, sugar, yogurt and orange zest; whisk until smooth. Fold the dry ingredients into the wet ingredients and stir to just combine (be careful not to overmix the batter.) 	
Brown sugar		2 cups (packed)		
Low-fat yogurt, plain or vanilla		2 cups		
Zest of 2 oranges				
Grated carrots		1 qt + 1½ cups	<ol style="list-style-type: none"> Stir carrots and the cooked quinoa into the batter until they are just incorporated. 	
			<ol style="list-style-type: none"> Fill the prepared muffin tins with the batter. Bake until a knife comes out clean when inserted in the center, 20 to 25 minutes. 	