

Zucchini Carrot Muffins

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Yield: 18 to 24 muffins

Ingredients

- 2 eggs, beaten
- 1 cup plus 2 tablespoons plain yogurt
- 1 cup canola oil
- 1 cup grated carrots
- 1 cup grated zucchini
- 4 cups all-purpose white flour
- 1 cup white sugar
- 2 tablespoons baking powder
- 1 teaspoon ground nutmeg
- 1 cup coarsely chopped pecans (optional)

Instructions

1. Preheat the oven to 375 degrees F.
2. Grease 18 to 24 muffin cups or line with paper.
3. In a large mixing bowl, mix together the eggs, yogurt, and oil; then stir in the carrots and zucchini. Set aside.
4. In another bowl, sift together the flour, sugar, baking powder, and nutmeg.
5. Add the dry ingredients to the wet mixture and stir until just combined. The batter will be thick and lumpy.
6. Stir in the chopped pecans if using.
7. Spoon the batter into the prepared muffin cups.
8. Bake for 15 to 20 minutes or until a tester inserted in the center comes out clean.