

# Whole Wheat Carrot Muffin

Yield: 12 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/carrot-muffin-recipe-with-greek-yogurt>

## Ingredients:

- 1 1/2 cups whole wheat pastry flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 3/4 teaspoon unsweetened applesauce
- 1/2 cup nonfat plain greek yogurt
- 1/2 cup packed brown sugar
- 2 tablespoons canola oil
- 1 egg
- 1 cup shredded carrots lightly packed
- 1/3 cup golden raisins
- 1/3 cup chopped pecans
- 12 pecan halves

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 125 milligrams
9. Sugar: 10 grams

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