

# The Perfect Breakfast Muffin

Yield: 18 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/scandinavian-muffin-recipe>

## Ingredients:

- 1 cup all purpose flour
- 1 cup wheat flour whole-
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 2/3 cup sugar 1/3 brown, 1/3 white
- 1/4 pound carrots about 2/2.5 cups, coarsely shredded
- 1/2 cup pecans roughly chopped
- 1/2 cup raisins dried cranberries, dried cherries or chopped dried apricots
- 3 large eggs
- 1/4 cup vegetable oil
- 3/4 cup plain yogurt
- 2 teaspoons vanilla extract
- 1 apple large, coarsely shredded [I used Gala]

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 190 milligrams
9. Sugar: 11 grams

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