

# PARSNIP MUFFINS

## INGREDIENTS

2 CUPS/100G FLOUR  
3/4 C /100 G SUGAR  
3/4 T BAKING SODA  
1 1/2 T BAKING POWDER  
1/2 TEASPOON SALT  
1 T DRY GINGER  
1/2 T GROUND NUTMEG  
2 EGGS  
3/4 CUP/180 ML VEGETABLE OIL  
1/2 CUP/120 ML MILK  
1 TEASPOON VANILLA  
2 CUPS/ 180 G COARSELY GRATED  
PARSNIPS  
1 CUP/100 G COARSELY GRATED  
APPLE  
1 CUP/100G CHOPPED ALMONDS  
1/2 CUP/100G DRIED PEACHES, DICED

## TEMP, TIME & SERVINGS

PRE-HEAT OVEN 350°  
BAKE FOR 25 MINUTES  
MAKES 18 MUFFINS



## HERE'S HOW

- 1 USE WHISK TO COMBINE FLOUR, SALT, SUGAR, BAKING SODA, BAKING POWDER, SALT, GINGER AND NUTMEG IN MEDIUM BOWL MIXING BOWL.
- 2 IN A SEPARATE BOWL, WHISK TOGETHER EGGS, OIL, MILK AND VANILLA.
- 3 COMBINE EGG MIXTURE WITH FLOUR MIXTURE, STIR UNTIL JUST BLENDED.
- 4 STIR IN PARSNIPS, APPLES, ALMONDS AND PEACHES.
- 5 FILL MUFFIN CUPS 2/3 FULL AND BAKE UNTIL A TOOTHPICK INSERTED IN CENTER COMES OUT CLEAN.

CarolEgbert.com

MUSINGS ON FOOD AND COOKING  
FROM A VERMONT KITCHEN