

## It's not only about gingerbread carrot flavored muffins



Quantity: 12 pieces



Time of preparation: 45 mins



Zero waste\*

3 medium-sized carrots or 2 glasses  
of carrot shavings\*

120 ml of vegetable oil

250 ml of milk

1 egg

300 g of wheat flour

150 g of cane sugar

1 teaspoon of baking powder

1 teaspoon of baking soda

3 teaspoons of gingerbread spice  
(without starch)

Wash the peeled carrots or the carrot chips and put in a bowl. Add oil, milk, egg and whisk.

Add flour, sugar, baking powder, soda and gingerbread spice and gently mix to combine all ingredients. Do not do it for too long.

Put the muffin paper cases into the muffin baking tray and fill them up with the mixture. Bake for 20-25 minutes at 180°C.

*\*zero waste  
you can make a carrot juice and use the shavings left to make a cake.*

