

K's Kitchen: Muffins like a morning dessert

By Kathryn Reed

Eating these muffins for breakfast is almost like having carrot cake first thing in the morning.

Skip the cream cheese spread and the muffins are a whole lot healthier. Butter would suffice. And because they are so flavorful, there really is no need to add anything to them.

They are quick to assemble. Anyone who bakes is bound to have all of the ingredients on hand, so they can be whipped up spur of the moment.

Even cold a couple days after first baked they were still good.



Carrot Muffins

1 1/3 C water

1 1/3 C sugar

1/4 C butter

1 $\frac{1}{4}$ C shredded carrots

1 tsp kosher salt

1 tsp cinnamon

1 tsp allspice

$\frac{1}{4}$ tsp cloves

1 C all-purpose flour

1 C whole wheat flour

1 tsp baking powder

1 tsp baking soda

4 ounces cream cheese

1 T orange zest

Preheat oven to 375 degree. Put sugar, butter, carrots, and water in a medium saucepan. Stir occasionally until mixture comes to a boil.

Add dry ingredients together. Then gradually add warm carrot mixture to dry ingredients.

Once mixed, spoon batter into greased muffin cups.

Bake for about 15 minutes or until brown and toothpick comes out clean.

Combine cream cheese with orange zest and spread on muffins.