Gold Surprise Muffins

The surprise in these muffins is carrot. It makes the muffins sweet and moist. I usually add ½ cup chopped nuts also.

¼ cup shortening
¼ cup brown sugar
2 eggs
1 tbsp lemon juice
1 tbsp water
1 cup finely shredded carrots, lightly packed ½ cup sifted Stone-Buhr unbleached bread flour ½ cup 7-grain cereal
2 tsp baking powder
½ tsp salt
¼ tsp ground ginger

Beat shortening and sugar together until creamy. Add eggs; beat until light and fluffy. Add lemon juice, water, and carrots; stir until well blended. Combine remaining ingredients; add to carrot mixture and stir only until dry ingredients are moistened. Fill greased muffin pans two-thirds full. Bake at 400 degrees for 20 minutes or until muffins start to pull away from sides of pan. Makes about 12 muffins.

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