

# Wild Rice and Carrot Muffins – Gibbs-California Wild Rice

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- **Yield:** 12 muffins

## Ingredients

- 1 cup [California Wild Rice](#) *cooked*
- 3/4 cup [all-purpose flour](#)
- 2 tsp [baking powder](#)
- 1 tsp [cinnamon](#)
- 1/2 cup [brown sugar](#)
- 1/2 cup [milk](#)
- 1 tsp [sugar](#)
- 1 cup [carrots](#) *grated*
- 3/4 cup [whole wheat flour](#)
- 1/2 tsp [salt](#)
- 1/2 tsp [nutmeg](#)
- 1 [egg](#) *lightly beaten*
- 1/3 cup [vegetable oil](#)
- 1/4 tsp [cinnamon](#)

## Instructions

1. Prepare wild rice and carrots and set aside. Combine flours, baking powder, salt, cinnamon, nutmeg and brown sugar together in a mixing bowl, stirring to blend.
2. Add the cooked wild rice to the dry ingredients and toss to coat wild rice.
3. In another bowl, combine the egg with the milk and oil; add the grated carrots, then stir these wet ingredients into the dry ingredients, mixing just enough to blend well. Do not over-mix.
4. Divide batter evenly between 12 lightly buttered and floured (or paper muffin cup-lined) 2½-inch muffin cups.
5. Mix 1 tbsp. sugar with ¼ tsp cinnamon for topping and sprinkle this over muffin batter.
6. Bake at 400° 20 to 25 minutes.
7. Remove muffins from pans and cool on wire racks.
8. **For frosted muffins:** to make frosting, blend 1 (3-oz.) pkg. cream cheese, softened to room temperature with 1 cup sifted powdered sugar, blend until smooth by hand or with mixer. When muffins are cool, spread frosting on tops.

- **Cuisine:** [American](#)
- **Course:** [Dessert](#)