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80 Delicious and Healthy Vegetarian Recipes (Veggie Delights Book 1)

Madison" Queen of Veggie Cuisine" Laurent

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Carrot Cake Muffins for Breakfast

Ingredients: 1 c of oat bran; 1 c whole wheat flour; 1 tsp baking soda; 1tsp baking powder; 1 tbsp cornstarch; 1 tsp allspice; ½ tsp cinnamon; 2/3 cup grated carrots; 1 cup water; 1/3 cup maple syrup; ¼ canola oil.

Directions: Combine all dry ingredients in a large mixing bowl along with the graded carrots. Then add all the wet ingredients, including the oil. Mix completely. Preheat oven to 375 degrees and pour the batter into lightly oiled muffin tins. Bake for about 25-30 minutes.

This is one of the many breakfast simple and flavorful recipes featured in the book.

In this ultimate guide to vegetarian cooking you will find American and Indian:
Breakfast Recipes
Lunch Recipes
Dinner Recipes
Dessert Recipes
Drink Recipes

Madison” Queen of Veggie Cuisine” Laurent has been cooking these secret recipes for her own family for years. They've passed the "10-year-old boy test," and now she is sharing these tried-and-true breakfast, lunch, and dinner recipes with you as well.

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