

## Carrot-Pineapple Muffins

### Ingredients:

- 1 cup carrots, 3 to 4 carrots
- 3/4 cup crushed pineapple in juice, well drained
- 2 each eggs
- 2/3 cup sugar
- 1/3 cup applesauce
- 1 1/2 cups whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground nutmeg

### Equipment:

- Muffin Tin
- Mixing bowl
- Mixing spoon
- Can opener
- Strainer
- Grater
- Measuring Spoons
- Measuring Cups
- Can opener
- Toothpick

### Directions

1. Heat oven to 425°F. Spray a muffin tin with non stick cooking spray or line with paper liners.
2. Use a grater to shred carrots into small pieces. Put in small bowl. Open pineapple and drain juice. Measure 3/4 cup of pineapple and add to bowl.
3. Crack the egg into a glass and check for shells and freshness. If it is OK, add to bowl with pineapple and carrots. Repeat for second egg.
4. Measure sugar and applesauce into bowl.
5. In a separate bowl, measure whole wheat flour, baking soda, salt and nutmeg. Stir in pineapple carrot mixture. Mix until moist. Lumps are OK. Spoon batter into muffin cups.
6. Bake 13 to 17 minutes or until light golden brown or toothpick poked in center comes out clean. Cool 5 minutes. Makes 12 regular or 24 mini muffins.

Number of Servings: 12  
 Prep Time: 10 minutes  
 Total time: 25 minutes

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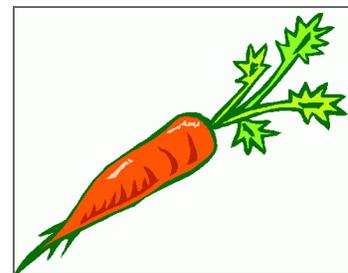


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### Nutrition Facts

Serving Size: 1 muffin	
Servings: 12	
Amount Per Serving	
<b>Calories 126</b>	<b>9</b>
%Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Potassium 130mg</b>	<b>4%</b>
<b>Sodium 158mg</b>	<b>7%</b>
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 2g	9%
<b>Protein 3g</b>	<b>7%</b>
Vitamin A 61%	Vitamin C 4%
Iron 5%	Calcium 2%

\*Percent Daily Values are based on a 2,000 calorie diet.



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