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.

Nutrition Facts
Serving Size: 1 muffin
Servings: 12

- Amount Per Serving
- Calories: 112
- %Daily Value
- Total Fat: 1g (2%)
- Saturated Fat: 0g (0%)
- Cholesterol: 35mg (12%)
- Sodium: 158mg (7%)
- Total Carbohydrate: 27g (9%)
- Dietary Fiber: 2g (9%)
- Protein: 3g (7%)

- Vitamin A: 61%
- Vitamin C: 4%
- Iron: 5%
- Calcium: 2%

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