

Carrot Muffins and More



Makes: 12 muffins

Serves: 12 (1 muffin)

Ingredients

Non-stick cooking spray
2 large shredded carrots (1 1/2 cups)
2 eggs
1/2 cup applesauce
2/3 cup sugar
1 teaspoon vanilla
2 tablespoons vegetable oil
1 cup whole wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
1 tablespoon cinnamon
1/2 cup raisins (optional)

Muffins can be made with many different fruits and vegetables. You can replace the carrots with the following:

Pumpkin Muffins: 1 cup canned pumpkin and 1 teaspoon pumpkin pie spice (instead of the cinnamon)

Apple Muffins: 1 1/2 cups apple, diced

Banana Muffins: 1 1/2 cups mashed ripe banana

Blueberry Muffins: 1 cup fresh blueberries (no raisins)

Zucchini Muffins: 1 1/3 cups shredded zucchini

Steps

1. Preheat oven to 350 degrees. Coat 12 cup muffin tin with cooking spray or **line** with baking cups.
2. **Wash**, peel, and shred carrots.
3. **Measure** ingredients.
4. In large bowl combine eggs, applesauce, sugar, vanilla and oil; **mix** until well blended.
5. In small bowl **combine** flour, baking soda, salt and cinnamon.
6. Slowly **stir** the dry ingredients into the applesauce mixture until just blended. **Add** carrots and raisins.
7. Divide batter among muffin cups, filling each about 2/3 full.
8. Bake 25 minutes or until lightly browned.
9. Let cool five minutes. Remove muffins from muffin cups and cool completely.
10. **Enjoy!**

Have your child help you do the bold steps.

These muffins can be made as mini-muffins. Reduce baking time to about 15 minutes.



Recipe adapted from [Get Fresh At Your Farmers Market](#)/Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University. Reprinted with permission.