

Moist & Healthy Carrot Pineapple Muffins

This recipe makes a dozen delicious moist and healthy carrot muffins. Low in fat/high in carbs – this makes for a quick recovery snack that's also loaded with lots of **vitamin A** thanks to the carrots.

Prep: 15 minutes • Total: 45 minutes

Dry Ingredients:		
All purpose flour	¾ cup	175 mL
Whole wheat flour	½ cup	125 mL
Brown sugar	2/3 cup	150 mL
Wheat germ	2 Tbsp	30 mL
Baking powder	1 tsp	5 mL
Baking soda	½ tsp	2.5 mL
Salt	pinch	pinch
Cinnamon	2 tsp	10 mL
Wet Ingredients		
Eggs, large	2 eggs	2 eggs
Unsweetened applesauce	1/3 cup	75 mL
Pure vanilla extract	1 Tbsp	15 mL
Additional Ingredients		
Carrots, grated (approx. 4 medium)	2 cups	500 mL
Canned crushed pineapple, drained	½ cup	125 mL

Directions:

- 1. Preheat oven to 350°F.
- 2. Line twelve ½-cup muffin cups with paper muffin liners.
- 3. In a large bowl, whisk together the eight dry ingredients.
- 4. In a medium bowl, lightly whisk two eggs, then whisk in the applesauce and vanilla extract.
- 5. Using a rubber spatula, quickly and lightly fold the wet ingredients into the large bowl containing the dry ingredients. Stir in the carrots and pineapple just until batter becomes wet. The batter will be very thick.
- 6. Using two tablespoons, spoon the batter evenly between the twelve muffin cups.
- 7. Bake until muffins turn golden brown in colour, about 30 minutes. Check for doneness by inserting a toothpick in the centre of a muffin (it should come out clean with no raw batter).
- Pull muffin cups out of the baking tins and let cool on a rack.Serve warm.

Nutrition	Facts
Serving Size (71g)	

Servings Per Container

Amount Per Serving		
Calories 130	Calories	from Fat 10
		% Daily Value*
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 30n	ng	10%
Sodium 135mg		6%
Total Carbohyd	rate 27g	9%
Dietary Fiber 2	2g	8%
Sugars 15g		

Protein 3g

Vitamin A 70%

Calcium 6%	•	Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g	
Calories per gran Fat 9 • 0	m: Carbohydrate	e 4 • Prote	ein 4	

Adapted from: The Food Network

Vitamin C 6%

Makes 12 servings (71 g / serving) • 1 serving = 1 Muffin

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