



# Pineapple Carrot Muffins



**Start to finish time:** 40 minutes

**Number of servings:** 12

## Nutrition Facts

**Serving size** 1 muffin

**Amount per serving**  
**Calories** **176**

**% Daily Value\***

<b>Total Fat</b> 6g	<b>8 %</b>
Saturated Fat 0.5g	<b>2 %</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0 %</b>
<b>Sodium</b> 164mg	<b>7 %</b>
<b>Total Carbohydrate</b> 29g	<b>11 %</b>
Dietary Fiber 1g	<b>4 %</b>
Total Sugars 16g	
Includes 12g Added Sugar	<b>24 %</b>
<b>Protein</b> 1.7g	
Vitamin D 0mcg	<b>0 %</b>
Calcium 19mg	<b>1 %</b>
Iron 0.9mg	<b>5 %</b>
Potassium 66mg	<b>1 %</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

## INGREDIENTS:

- Non-stick cooking spray
- 1 medium carrot (shredded) (about 1 cup)
- 1 cup canned crushed pineapple with juice
- 5 tablespoons canola oil
- 1/3 cup cold water
- 1 tablespoon white distilled vinegar
- 1 ½ cups all-purpose flour or whole wheat flour
- ¾ cup packed light brown sugar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- Pinch of ground nutmeg

### Optional Ingredients:

- ¼ cup walnuts (chopped), ½ cup raisins
- Pinch of pumpkin pie spice or apple pie spice

## DIRECTIONS:

1. Preheat oven to 350 degrees Fahrenheit and gather and prepare ingredients.
2. Spray a muffin tin with non-stick cooking spray.
3. In a medium bowl, add the pineapple with juice, oil, vinegar, water, and shredded carrot. Mix until combined.
4. In a large bowl, combine the flour, sugar, baking soda, salt, cinnamon, and nutmeg.
5. Add the wet ingredients to the dry, mixing until just combined.
6. If using, add the nuts and/or raisins, stir them in gently.
7. Using a ¼ cup measure, fill the prepared muffin tin with batter.
8. Place muffins in the preheated oven and bake for about 20-25 minutes or until a knife or toothpick inserted in the middle comes out clean.
9. Allow to cool completely before removing from muffin tin. Enjoy!

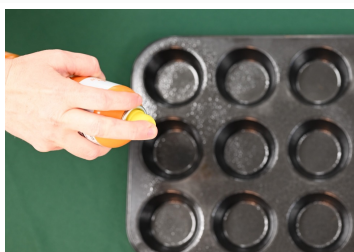


## STEP-BY-STEP DIRECTIONS:



### Step 1

Preheat oven to 350 degrees Fahrenheit and gather and prepare ingredients.



### Step 2

Spray a muffin tin with non-stick cooking spray.



### Step 3

In a medium bowl, add the pineapple with juice, oil, vinegar, water, and shredded carrot. Mix until combined.



### Step 4

In a large bowl, combine the flour, sugar, baking soda, salt, cinnamon, and nutmeg.



### Step 5

Add the wet ingredients to the dry, mixing until just combined.



### Step 6

If using, add the nuts and/or raisins, stir them in gently.



### Step 7

Using a 1/4 cup measure, fill the prepared muffin tin with batter.



### Step 8

Place muffins in the preheated oven and bake for about 20-25 minutes or until a knife or toothpick inserted in the middle comes out clean.



### Step 9

Allow to cool completely before removing from muffin tin. Enjoy!

## SUBSTITUTIONS:

- The oil can be substituted with applesauce.
- Paper muffin liners can be used in place of cooking spray.

## MSU EXTENSION NOTES:

- To make these a cake, pour the batter into a greased 8-inch baking dish. Bake until a toothpick inserted in the middle comes out clean, about 30-40 minutes.
- To make these a dessert, make a frosting by mixing 4 tablespoons soft cream cheese, 1/3 cup nonfat plain yogurt, and 1-2 tablespoons honey. Spread a thin layer on top of each muffin.

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