

Pineapple Carrot Muffins

Ingredients:

- 1 medium carrot, peeled & shredded
- 1 cup crushed pineapple with juice
- 5 Tbs canola oil
- 1/4 cup cold water
- 1 Tbs white distilled vinegar
- 1 1/2 cups all-purpose flour
- 3/4 cup light brown sugar, packed
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp salt
- Pinch ground nutmeg, pumpkin or apple pie spice
- 1/2 cup chopped walnuts (optional)
- 1/2 cup raisins (optional)

Directions:

1. Preheat oven to 350 degrees.
2. In a medium bowl, mix 3/4 cup carrot, pineapple with juice, oil, water and vinegar, with a fork.



3. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt and nutmeg. Blend well with a fork to break up any lumps.
4. Add wet ingredients to dry ingredients and mix until just combined.
5. If using walnuts or raisins, gently stir in now.
6. Coat muffin pan with non-stick spray. Fill each muffin cup about full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20-25 minutes.

Recipe source: Cooking Matters

Serving size: 1 muffin; makes 12. Per serving: 160 calories; 6 g fat (0 g sat); 27 g carbs (1 g fiber, 16 g sugar); 2 g protein; 0 mg cholesterol; 160 mg sodium

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