

Carrot Spice Muffins

Makes: 12 servings

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| Ingredients | Weight | Measure |
|--|--------|-----------|
| Vegetable cooking spray or muffin cup liners | | As needed |
| Carrots, shredded | | 1 1/2 cup |
| Eggs | | 2 eggs |
| Applesauce | | 1/2 cup |
| Sugar | | 2/3 cup |
| Vanilla | | 1 tsp |
| Vegetable oil | | 2 Tbsp |
| Flour | | 1 cup |
| Baking soda | | 1 tsp |
| Salt | | 1/2 tsp |
| Cinnamon | | 1 Tbsp |
| Raisins | | 1/2 cup |

Directions

1. Preheat oven to 350 degrees. Coat 12 muffin cups with vegetable cooking spray or line with paper baking cups.
2. Peel and shred carrots.
3. In large bowl, combine eggs, applesauce, sugar, vanilla and oil; mix until well blended.
4. In small bowl, combine flour, baking soda, salt and cinnamon.

5. Slowly stir the dry ingredients into the applesauce mixture until just blended.
6. Stir in 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 5 minutes. Remove muffins from muffin cups.
10. Cool completely and enjoy!