



Carrot Muffins

Makes 9 delicious muffins

Sift:

$\frac{3}{4}$ cup white flour
 $\frac{3}{4}$ cup whole-wheat flour
1 $\frac{1}{2}$ teaspoons baking soda
 $\frac{1}{4}$ teaspoon cinnamon

Add:

$\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup egg substitute
 $\frac{1}{4}$ cup canola oil
 $\frac{1}{4}$ cup ground flaxseed meal or wheat germ
 $\frac{1}{2}$ cup unsweetened applesauce
1 teaspoon vanilla
 $\frac{1}{2}$ teaspoon salt

Blend:

1 $\frac{1}{2}$ cup grated carrots
1 cup walnuts or sunflower seeds (optional)
 $\frac{1}{2}$ cup dried raisins, cranberries or blueberries

- Bake in a greased muffin pan for approximately 25 minutes at 350 degrees. Cool for 10 minutes. Turn out of the tin and cool completely. Put muffins in zip lock bags and refrigerate or freeze.
- Reheat frozen muffin in microwave as needed for 20-30 seconds.

Nutritional Information (without walnuts):

Calories: 233
Total fat: 7.5g
Saturated fat: 0.6g
Carbohydrates: 38g
Fiber: 3.6g
Protein: 5g