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Carrot Nut Muffins

Ingredients:

1 cup brown sugar
1/4 cup unsweetened applesauce
1/4 cup canola oil
2 eggs
1 teaspoon vanilla
1 cup grated carrots
1 cup walnuts
1 1/2 cups flour
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon allspice
1/4 teaspoon cloves
1 teaspoon baking powder

Preparation:

In a large mixing bowl, combine brown sugar and next 7 ingredients.
In a separate bowl, combine flour and next 5 ingredients.
Add flour mixture to liquid mixture and mix well.
Spoon muffin mix into muffin cups sprayed with nonstick oil. Fill cups 1/2 full.
Bake at 375°F for 13-15 minutes or until toothpick inserted comes out clean.
Makes about 20 muffins.

Recipe courtesy of:

Jill West, RDN, an accomplished speaker, author and Registered Dietitian Nutritionist. She has a private practice in Lafayette, CA helping adults, families and student athletes achieve their health and performance goals.
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