



Healthy Carrot Muffins

These muffins make a healthy, on-the-go breakfast or snack for kids and adults. The whole wheat flour and wheat germ add fiber, without changing the flavor or texture.

Ingredients:

¾ cup all-purpose flour	1/3 cup canola oil
½ cup whole wheat flour	2 eggs
½ cup packed brown sugar	2 teaspoons vanilla
¼ cup wheat germ	1 cup grated carrots
1 teaspoon baking powder	½ cup crushed pineapple, drained
½ teaspoon baking soda	½ cup walnuts (optional)
1 teaspoon cinnamon	
½ teaspoon allspice	
¼ teaspoon ground cloves	

Preparation:

Preheat oven to 375°F. Spray muffin tin with cooking oil or line with paper muffin cups.

In a large mixing bowl, combine flour and next 8 ingredients.

In a separate bowl, whisk together eggs, oil and vanilla. Add carrots, pineapple and walnuts. Stir until well combined..

Add liquid to flour mixture, stirring just until moist.

Spoon muffin mix into muffin cups.

Bake at 375°F for 13-15 minutes or until toothpick inserted comes out clean.

Makes 12 muffins.

Enjoy!

