

## Carrot Spice Muffins

Yield: 12 muffins

Serves: 12 adults

### Ingredients

- vegetable cooking spray
- 2 large shredded carrots (1 1/2 cups)
- 2 eggs
- 1/2 cup applesauce
- 2/3 cup sugar
- 1 teaspoon vanilla
- 2 tablespoons vegetable oil
- 1 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 1/2 cup raisins.

### Steps

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!**

**Have your child help you do the bold steps.**

Adapted from Get Fresh At Your Farmers Market produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA's SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.