

Pineapple Carrot Muffins:

Serves 12

These muffins are best served warm from the oven. Because they have less fat than most muffins, they don't reheat or last as long.



Ingredients:

- 1 3/4 cup (260 g) flour
- 1/2 cup (100 g) + 1 Tbsp. Sugar (divided)
- 1 teaspoon baking soda
- 1/4 tsp. salt
- 1 Carrot (100g) - 1 cup shredded
- 8 oz. can pineapple Tidbits or crushed
- 1 Egg
- 1/4 cup vegetable oil
- 3 Tbsp. milk,
- Muffin pan
- 1 Tbsp. Ground Cinnamon

Equipment:

- Box grater
- Spray oil (not butter flavored)
- Cooling rack

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☑	Directions	Time (min)	
	Preheat oven to 400 degrees		
	Mix 1 1/2 cup flour, 1/2 cup sugar, 1/4 tsp. salt and 1 tsp. baking soda	2	15
	In another bowl, mix 1 egg, 1/4 cup oil, 3 Tbsp. milk, 8 oz. can of pineapple	2	
	Peel 1 carrot and use box grater to shred. Add to liquids.	2	
	Mix liquid with dry ingredients to make a thick batter	3	
	Spray muffin pan with oil	2	
	Spoon batter into the muffin pan	1	
	Mix 1 Tbsp. ground cinnamon with 1 Tbsp. sugar	1	
	Sprinkle cinnamon/sugar mix on top of each muffin	1	
	Bake	22	
	Transfer from pan to cooling rack	4	
	Total		43