Carrot Spice Muffins
Makes 12 servings

Ingredients:
- 2 fresh carrots, (1½ cups shredded)
- 2 large eggs
- ½ cup applesauce
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- 2 tablespoons canola oil
- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 tablespoon cinnamon
- ½ cup raisins

Directions:
1. Pre-heat oven to 350°F. Place a paper cupcake liner in each muffin pan cup.
2. Peel and grate carrots.
3. In a large bowl, combine eggs, applesauce, sugar, vanilla, and oil. Mix until well blended.
4. In another bowl, combine flour, baking soda, salt, and cinnamon.
5. Slowly stir the dry ingredients into the applesauce mixture, just until blended. Stir in carrots and raisins.
6. Spoon batter evenly into 12 paper liners, filling each about ½ full.
7. Bake for 25 minutes or until muffins are golden brown. Carefully remove muffin pan from oven with hot pads. Serve warm.

Source: Adapted from Get Fresh! submitted by Cayuga County Cornell Cooperative Extension

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Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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