



PINEAPPLE CARROT MUFFINS

MATERIALS:

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| 12-cup Muffin pan | Measuring cups |
| Box grater | Measuring spoons |
| Can opener | Medium bowl |
| Fork | Mixing spoon |
| Large bowl | Vegetable peeler |

INGREDIENTS:

- 1 medium carrot
- 1 cup canned crushed pineapple with juice
- 5 Tablespoons canola oil
- ¼ cup cold water
- 1 Tablespoon white distilled vinegar
- 1 ½ cups all-purpose flour
- ¾ cup light brown sugar, packed
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt Pinch ground nutmeg, pumpkin pie spice, or apple pie spice
- Non-stick cooking spray

Serves: 12, 1 muffin per serving

*Recipe from Share Our Strength's Cooking Matters.

Find more recipes online at: www.gcfb.org/recipes_resources

DIRECTIONS:

1. Preheat oven to 350°F.
2. Rinse and peel carrot. Shred with a grater. Measure out $\frac{3}{4}$ cup shredded carrot.
3. In a medium bowl, add pineapple with juice, oil, water, vinegar, and shredded carrot. Mix with a fork to combine.
4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.
5. Add wet ingredients to dry ingredients. Mix until just combined.
6. If using walnuts or raisins, gently stir in now.
7. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about $\frac{3}{4}$ full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20–25 minutes.

Notes:

Use whole wheat flour for half of the all-purpose flour.

To make these as a cake, pour batter into a greased 8-inch baking dish. Bake until top is golden brown and a toothpick inserted in the middle comes out clean, about 30–40 minutes.

Make a double batch. Muffins freeze well for up to 2 weeks. Pull one out each morning for a grab-and-go breakfast. Reheat in microwave for 1 minute or toaster oven for 5 minutes.