

spicy Carrot Muffins



No-stick cooking spray

- 2 eggs, beaten
- 1/2 cup applesauce
- 1/2 cup sugar
- 2 Tbsp vegetable oil
- 1 cup flour
OR 1/2 cup whole wheat flour
with 1/2 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 Tbsp cinnamon
- 1 1/2 cups carrots, shredded


For a variation, add:

- 1 tsp vanilla
 - 1/2 cup raisins
- Walnuts to top of muffins

1 Heat oven to 350°F.

2 Coat 12 muffin cups (muffin pan) with no-stick cooking spray.

 **3** Combine eggs, applesauce, sugar, oil and vanilla in a large bowl. Mix well.

 **4** Stir together flour, baking soda, salt and cinnamon in a separate bowl.

 **5** Add flour mixture to egg mixture. Stir just until blended.

6 Stir in carrots and raisins.

7 Fill muffin cups 1/2 full with batter.
Bake 25 minutes or until lightly browned.
Let cool 5 minutes.
Remove muffins from pan and cool completely.

OTHER COOKING OPTIONS

Loaf Pan Bake in an 8- or 9-inch loaf pan for 50-60 minutes or until toothpick inserted in center comes out clean.