hally®

Let's cook something delish!

Carrot Cake Muffins

Ingredients

Olive oil spray (or canola oil spray)

1 c. whole-wheat flour

1 c. all-purpose flour

¼ c. ground flaxseeds

1 t. baking powder

½ t. baking soda

½ c. brown sugar

1 T. cinnamon

¼ t. sea salt

1 egg

¾ c. calcium-fortified 100% pure orange juice

½ c. unsweetened applesauce

1½ c. carrots, grated

½ c. coconut, grated

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Directions

1. Preheat oven to 350°F. Spray muffin pan with cooking oil spray.

2. Combine flour, flaxseed, baking powder, baking soda, brown sugar, cinnamon and sea salt in a bowl, and mix.

3. Add egg, orange juice and applesauce to the bowl and mix thoroughly.

4. Fold in carrots and coconut until blended.

5. Spoon mixture into muffin tins, filling until two-thirds full.

6. Bake for approximately 20 minutes or until browned.

7. Cool and enjoy! Yum!

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Calories: 160, Total Fat: 5 g, Saturated Fat: 3 g, Cholesterol: 25 mg, Sodium: 170 mg, Total Carbohydrate: 26 g, Fiber: 4 g, Total Sugars: 4 g, Protein: 5 g, Vitamin A: 60%, Vitamin C: 15%, Calcium: 8%, Iron: 10%