



# The Kitchen at Second Harvest Apple Carrot Oat Muffins try at home recipe

flip to learn more!



**Yield: 12 muffins**  
**Serving Size: 1 muffin**

## Ingredients

- 1 cup white flour
- 1 cup whole wheat flour
- 1 cup rolled oats
- 2 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger (optional)
- 3/4 cup light brown sugar
- 1 cup grated apple
- 1 cup grated carrot
- 2 large eggs
- 1/2 tsp vanilla extract
- 1/2 cup milk
- 1/2 cup vegetable oil

## Directions

1. Preheat oven to 350F and grease a muffin tin
2. Place flour, oats, baking powder, baking soda, spices, and sugar in a large bowl. Stir until combined. Add in grated carrots and apples and stir until they are coated in flour
3. Place eggs, vanilla extract, milk and vegetable oil in bowl and whisk lightly until there are no lumps of flour left
4. Fill each muffin hole 2/3 of the way up
5. Place in over for 15-20, until golden and an inserted toothpick into the center comes out clean

Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



# The Kitchen at Second Harvest Apple Carrot Oat Muffins try at home recipe

flip to learn more!



**Yield: 12 muffins**  
**Serving Size: 1 muffin**

## Ingredients

- 1 cup white flour
- 1 cup whole wheat flour
- 1 cup rolled oats
- 2 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger (optional)
- 3/4 cup light brown sugar
- 1 cup grated apple
- 1 cup grated carrot
- 2 large eggs
- 1/2 tsp vanilla extract
- 1/2 cup milk
- 1/2 cup vegetable oil

## Directions

1. Preheat oven to 350F and grease a muffin tin
2. Place flour, oats, baking powder, baking soda, spices, and sugar in a large bowl. Stir until combined. Add in grated carrots and apples and stir until they are coated in flour
3. Place eggs, vanilla extract, milk and vegetable oil in bowl and whisk lightly until there are no lumps of flour left
4. Fill each muffin hole 2/3 of the way up
5. Place in over for 15-20, until golden and an inserted toothpick into the center comes out clean

Find more recipes, free classes,  
and ways to get involved!

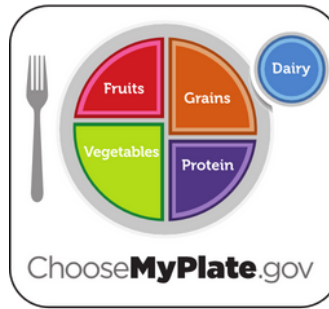



[secondharvestkitchen.org](http://secondharvestkitchen.org)


## Featured Food Groups


The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



 Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

 Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

 The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

## Cooking Tips

- Try using all whole wheat flour for extra fiber and nutrients!

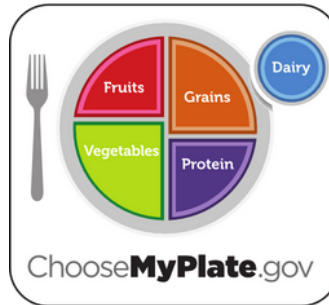
**Second Harvest is an equal opportunity provider.**





## Featured Food Groups


The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



 Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

 Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

 The **Fruit** Group includes all fruits and 100% fruit juice. Fruits may be fresh, frozen, canned, or dried/dehydrated. At least half of the recommended amount of fruit eaten should come from whole fruit, rather than 100% fruit juice.

## Cooking Tips

- Try using all whole wheat flour for extra fiber and nutrients!

**Second Harvest is an equal opportunity provider.**



## Nutrition Facts

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 muffin</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2.3g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 3mcg	<b>15%</b>
Calcium 78mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 221mg	<b>4%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## Nutrition Facts

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 muffin</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>220</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 2.3g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 3mcg	<b>15%</b>
Calcium 78mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 221mg	<b>4%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	