



# Apple Zucchini Carrot Muffins



## Ingredients



- 2 cup grated carrot
- 1 cup grated zucchini
- 1 cup chopped peeled apple
- 3/4 cup flaked coconut
- 2 cup grated orange peel
- 2 cup all-purpose wheat flour
- 1 cup sugar
- 1 tbsp. ground cinnamon
- 2 tsp baking soda
- 1/2 teaspoon salt
- 3 lightly beaten eggs
- 3/4 cup vegetable oil
- 1 tsp imitation vanilla extract

## Directions



1. Wash cooking surfaces, gather ingredients and tools, and wash hands
2. Preheat oven to 375°
3. Gently stir together carrot, zucchini, apple, coconut, and orange peel
4. In another bowl, combine flour, sugar, cinnamon, baking soda, and salt
5. In another bowl, combine eggs, oil, and vanilla
6. Stir egg mixture into flour mixture just until moist
7. Gently fold in carrot mixture
8. Fill greased or paper-lined muffin cups 2/3 full with batter
9. Bake for 20-22 minutes or until a toothpick inserted in the middle of a muffin comes out clean
10. Cool in pan for 10 minutes
11. Gently remove muffins to wire rack to finish cooling
12. Refrigerate in an airtight container



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# Fast Facts



This Recipe Provides



Vitamin A

Cooking Tips



- Replace half of all-purpose flour with whole-wheat flour
- Add 1/2 cup dried cranberries or raisins to batter before baking
- Add 1/2 cupped chopped almonds to batter before baking for an extra crunch

Nutrition Facts



## Nutrition Facts

Serving Size 1 muffin  
Servings Per Container 24

Amount Per Serving

**Calories 180**    **Calories from Fat 100**

% Daily Value\*

**Total Fat 11g**                      **16%**

Saturated Fat 3g                      **14%**

**Cholesterol 25mg**                      **9%**

**Sodium 170mg**                      **7%**

**Total Carbohydrate 19g**                      **6%**

Dietary Fiber 1g                      **6%**

Sugars 10g

**Protein 3g**

Vitamin A 30%                      •                      Vitamin C 4%

Calcium 2%                      •                      Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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