### 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

## Directions 10

- 1.
- 2. Preheat oven to 375°

- 5. In another bowl, combine eggs, oil, and vanilla
- Stir egg mixture into flour mixture just until moist 6.
- 8.
- 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

1 tbsp. ground cinnamon

**Apple Zucchini Carrot Muffins** 

- 2 tsp baking soda
- 1/2 teaspoon salt
- 3 lightly beaten eggs
- 3/4 cup vegetable oil
- 1 tsp imitation vanilla extract
- Wash cooking surfaces, gather ingredients and tools, and wash hands
- 3. Gently stir together carrot, zucchini, apple, coconut, and orange peel
- In another bowl, combine flour, sugar, cinnamon, baking soda, and 4.
- salt
- Gently fold in carrot mixture
- Fill greased or paper-lined muffin cups 2/3 full with batter

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# Ingredients

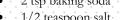
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- salt 5. In another bowl, combine eggs, oil, and vanilla
- Stir egg mixture into flour mixture just until moist 6.
- 7. Gently fold in carrot mixture
- Fill greased or paper-lined muffin cups 2/3 full with batter 8.
- Bake for 20-22 minutes or until a toothpick inserted in the middle of 9. a muffin comes out clean
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**Apple Zucchini Carrot Muffins** 

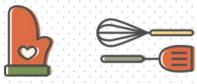


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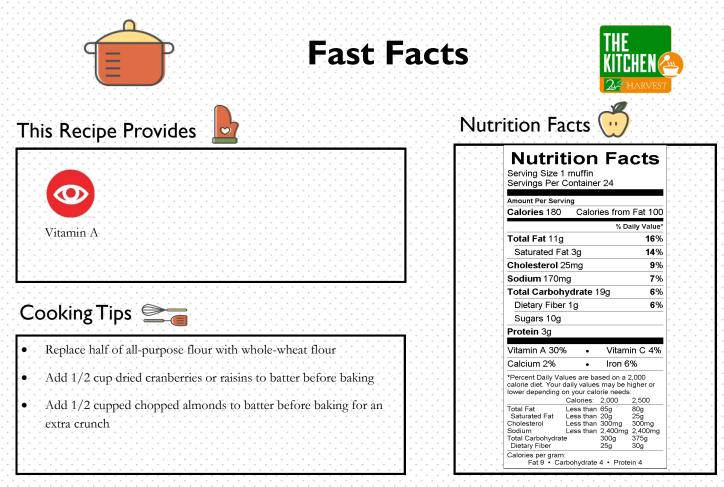






Fast Fa	ICTS
This Recipe Provides 上	Nutrition Facts 逆
	Nutrition Facts Serving Size 1 muffin Servings Per Container 24
	Amount Per Serving
Vitamin A	Calories 180 Calories from Fat 100
	% Daily Value*
	Total Fat 11g 16%
	Saturated Fat 3g 14%
	Cholesterol 25mg 9%
······································	Sodium 170mg 7%
Cooking Tips 🚬 🗧	Total Carbohydrate 19g 6%
	Dietary Fiber 1g 6%
	Sugars 10g
	Protein 3g
Replace half of all-purpose flour with whole-wheat flour	Vitamin A 30%  • Vitamin C 4%
	Calcium 2%  Iron 6%
Add 1/2 cup dried cranberries or raisins to batter before baking	*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
<ul> <li>Add 1/2 cupped chopped almonds to batter before baking for an extra crunch</li> </ul>	Catories     2,000     2,300       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:     Fa 19     Calories Per gram:

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