



Apple Carrot Raisin Muffins



Ingredients

1/3 cup whole wheat flour
1/3 cup all-purpose flour
1/4 cup sugar
1/2 tsp baking powder
1/4 tsp baking soda
1/2 tsp ground cinnamon
1/3 cup grated apple
3/4 cup grated carrot
1/4 cup raisins
1 eggs
3 tbsp skim milk
3 tbsp nuts, chopped
3 tbsp unsweetened applesauce
1/2 tsp vanilla extract
Pinch of salt

Directions

- Preheat oven to 350F and grease a muffin tin.
- Stir flours, sugar, baking powder, baking soda, & cinnamon in a large bowl.
- In a separate bowl, stir beaten eggs, milk, applesauce and vanilla together.
- Add liquid ingredients to dry ingredients and stir.
- Add carrots, apple, raisins and nuts.
- Fill each muffin hole 2/3 of the way up.
- Place in the oven for about 30min
- Once cooled, **ENJOY!**



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