

Pineapple Carrot Muffins



Ingredients

$\frac{3}{4}$ cup all-purpose flour

$\frac{3}{4}$ cup whole wheat flour

$\frac{3}{4}$ cup brown sugar

1 t. baking soda

1 t. ground cinnamon

$\frac{1}{4}$ t. salt

1 cup canned crushed pineapple (with juice), partially drained

1 medium carrot or $\frac{3}{4}$ cup shredded

5 T canola oil

$\frac{1}{4}$ cup cold water

1 T white distilled vinegar

Pinch of pumpkin pie spice

Directions

1. Preheat the oven to 350 degrees F. Line or grease a muffin pan.
2. Using a large bowl, whisk together the dry ingredients: flour, sugar, baking soda, pumpkin pie spice, cinnamon, and salt.
3. In another bowl, whisk together the wet ingredients: crushed pineapple, water, oil, vinegar, and carrots
4. Stir the wet ingredients into the dry ingredients, whisking until the ingredients are just combined (no dry ingredients are visible).
5. Scoop into the muffin cups, filling each $\frac{3}{4}$ full. Bake for 20-25 minutes, until a wooden skewer inserted in the middle comes out clean.
6. Let the muffins cool for 5 minutes before removing them from the pan and letting them cool further on a wire rack. Enjoy warm or cool, with some butter if you like.

Muffins freeze well for up to 2 weeks, Reheat in microwave for 1 minute

Recipe courtesy of Cooking Matters

Nutrition Facts

Serving size	1 muffin
Servings per recipe	12
Calories	180
Total Fat	6g
Saturated fat	0g
Trans Fat	0g
Total Carbohydrate	29 g
Dietary Fiber	1g
Sugars	17g
Protein	2g
Sodium	160mg