



Apple Carrot Muffins

Low sugar muffins get a nutrition boost from oats, carrots and flaxseeds. Using Greek yogurt helps to keep the dough tender without a lot of added fat, also gives a slight protein boost. Sweetness comes from raisins and honey.

Ingredients

- 1 ½ cups white whole wheat or whole wheat pastry flour*
- ½ cup rolled oats
- 2 tbsp flax seeds
- 2 tsp ground cinnamon
- ½ tsp ground nutmeg
- 2 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 tbsps. canola oil
- 1 large egg
- 1 tsp vanilla extract
- ½ cup plain Greek yogurt or plant-based yogurt substitute
- ¼ cup maple syrup or honey
- ½ cup applesauce
- ¼ cup raisins
- 1 cup shredded carrots or zucchini or apples
- *Can also use all-purpose flour or gluten free 1 to 1 flour

Equipment

2 medium mixing bowls
Measuring cups
Measuring spoons
Large mixing spoon

Fork
Muffin tin
Muffin liners or cooking spray
Ice cream scoop or spoon

Directions

1. Preheat oven to 350 degrees
2. Combine dry ingredients flour, oats, flax seeds, cinnamon, nutmeg, baking powder, baking soda and salt in a medium bowl. Use a fork to mix and break up any clumps.
3. In a separate bowl combine wet ingredients oil, egg, vanilla extract, yogurt, honey and apple sauce.
4. Add 1/3 of dry ingredients at a time to wet ingredients, stir gently until combined.
5. Stir in raisins and shredded carrots
6. Add about 1/3 cup of mixture to each prepared muffin tin
7. Bake for 25-30 minutes in a 350-degree oven, until firm in the center.

😊 Little helpers: Kids can mix and measure all the ingredients. This is a great recipe to teach them about basic baking principles, discuss the difference in the wet and dry ingredients and why we mix them separately. Allow kids to prepare the muffin tin and add the batter.

🍏 Health benefits: These muffins are whole wheat and low in sugar. The carrots, oatmeal, raisins and flax add fiber which can help to make little tummies feel full and promote a healthy gut. With any baked good moderation is also important.