



A Nutrition Resource

CARROT PUMPKIN MUFFINS

Yield: 6 Servings

Cost/Serving: \$0.30

Ingredients:

- 1/2 cup all-purpose white flour
- 2/3 cup whole wheat flour
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/4 baking soda
- 1 large egg
- 2 tbsp vegetable oil
- 1 tbsp applesauce
- 1/2 cup canned pumpkin
- 1/2 cup light brown, *packed*
- 1 cup raw carrots, *grated*

Directions:

1. Combine flour, spices, baking soda, and salt in bowl.
2. In mixing bowl with paddle attachment, beat oil, applesauce, pumpkin, sugar, and eggs. Beat for approximately 3 minutes, scraping bowl as necessary.
3. Add flour mixture to the pumpkin applesauce mixture and continue to blend for 2 minutes. Fold in grated carrots.
4. Spoon into muffin baking papers until about 3/4 full.
5. Bake in preheated 325 oven for about 35 minutes. Be sure to continually check by inserting a toothpick into the center of a muffin--when it comes out clean, when it comes out clean, the muffins will be done.

Nutrition Facts

6 servings per container

Serving size 1 muffin (0.0g)

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 80mg 3%

Total Carbohydrate 23g 8%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes <1g Added Sugars 1%

Protein 5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.6mg 8%

Potassium 170mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: MT Harvest of the Month and Edward Christensen, Missoula Montana County Public Schools

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