PINEAPPLE CARROT MUFFINS

INGREDIENTS Serves: 12 | Serving Size: 1 muffin

- crushed pineapple with juice 1 cup, canned
- carrot 1 cup, grated
- cold water 1/4 cup
- canola oil 5 tablespoons
- white vinegar 1 tablespoon
- all purpose flour 1 1/2 cups
- nutmeg 1/8 teaspoon
- light brown sugar 3/4 cup, lightly packed
- cinnamon 1 teaspoon
- baking soda 1 teaspoon
INSTRUCTIONS

1. PREHEAT OVEN & SPRAY PAN

Preheat the oven to 350°F. Coat the muffin pan with cooking spray.

2. MIX WET INGREDIENTS

In a medium bowl, add pineapple with juice, shredded carrot, water, oil, and vinegar. Mix with a fork to combine.

3. MIX DRY INGREDIENTS

In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.

4. MIX BATTER

Add wet ingredients to dry ingredients. Mix until just combined.

5. POUR BATTER & BAKE

Fill each muffin cup about 3/4 full with batter. Bake on middle rack of oven until muffin tops are golden brown and toothpick inserted comes out clean, about 20-25 minutes.

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th></th>
<th>Calories: 171</th>
<th>Total Carbohydrate: 28g</th>
<th>Protein: 2g</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>6g</td>
<td>Dietary Fiber: 1g</td>
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<tr>
<td>Sodium</td>
<td>161mg</td>
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LOWCOUNTRY FOOD BANK

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