

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

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INSTRUCTIONS

1. PREHEAT OVEN & SPRAY PAN



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

3. MIX DRY INGREDIENTS



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

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.

2. MIX WET INGREDIENTS



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

4. MIX BATTER



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

NUTRITION INFORMATION

Calories: 171

Total Carbohydrate: 28g

Protein: 2g

Total Fat: 6g

Dietary Fiber: 1g

Sodium: 161mg

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