

Pineapple Carrot Muffins

Adapted from www.pillsbury.com

Provided by the Auburn Interfaith Food Closet

Recipe type: Breakfast, bread

Serves: 16

Prep Time: 20 minutes. Total Time: 50 minutes.

Ingredients

- 1 cup all-purpose flour
- 3/4 cup whole wheat flour
- 1/2 cup firmly packed brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup vegetable oil
- 1 can (8-oz.) crushed pineapple in unsweetened juice, undrained
- 1 egg, beaten
- 1 cup raw shredded carrots
- 1/2 cup raisins (optional)
- 1/2 cup chopped walnuts (optional)

Directions

1. **Preheat** oven to 375°F. Line with paper, or grease only the bottoms of 16 muffin cups.
2. In a large bowl, **combine** all-purpose and whole wheat flours, brown sugar, baking soda, cinnamon, and salt. Mix well.
3. In a small bowl, **whisk together** the oil, pineapple, and egg. Blend well.
4. **Add** wet mixture to dry mixture; stir until dry mixture is just moistened. Mix in the carrots, optional raisins and walnuts. Spoon batter into prepared muffin cups, filling them 3/4 full.
5. **Bake** for 18 to 20 minutes at 375°F, or until muffin tops are light brown and a wooden pick inserted in muffin centers comes out clean. Cool in pan on wire rack for 5 minutes; remove muffins from pan. Serve warm or cold.

Note: Cooled muffins can be stored at room temperature for 2-4 days in a single layer, in a zip-lock bag lined with paper towels underneath and above the muffins. Muffins can also be frozen, individually wrapped, and stored in a freezer bag.



www.auburnfoodcloset.org

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