

Carrot Apple Muffins

½ cup unsweetened apple sauce
1 banana, smashed
1 c Whole wheat flour
1 c All purpose flour
½ c Brown sugar
¾ t Baking soda
1 T ground flaxseed
¾ t Cinnamon
¾ c (3 oz) shredded carrots, well scrubbed, peel on
¾ c (3 oz) shredded apple, well scrubbed, peel on
¼ c Coarsely chopped walnuts or pecans

Preheat oven to 400°F. Spray 12 (2 1/2 in) muffin-pan cups with non-stick spray.

Combine applesauce and banana in small bowl. In separate bowl, combine both flours, brown sugar, baking soda, flaxseed and cinnamon. Slowly stir applesauce mixture into dry ingredients. Add apples and carrots, stir to combine. Add nuts. Batter will be very thick. Divide batter evenly into muffin pan with spoon.

Bake 20 to 25 minutes or until golden brown. Let set 10 minutes. Carefully remove from pan.

Makes 12 muffins.

Calories 140 Fat 2g Carbohydrate 30g Fiber 3g Protein 4g Sodium 5mg