



Oatmeal Carrot Raisin Muffins

Makes 12 regular muffins | 24 mini muffins | **Grains** | **Vegetables** | **Fruit**

Ingredients

- 1 cup rolled oats
- 1 cup wheat flour
- ¼ cup raisins
- ¼ cup walnuts (optional)
- 1 teaspoon baking powder
- 1 ½ teaspoons cinnamon
- ½ teaspoon allspice
- ½ teaspoon salt
- ½ cup applesauce
- 1 teaspoon vanilla extract
- 3-4 medium carrots, grated (or 1 cup shredded)
- 1 cup fat-free yogurt
- 3 eggs

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 400°F. Coat muffin tins with nonstick cooking spray.
3. Combine oats, wheat flour, raisins, walnuts (optional), baking powder, cinnamon, allspice, and salt in a large bowl and mix until combined.
4. Add applesauce, carrots, vanilla, yogurt, and eggs. Stir until just mixed.
5. Spoon muffin mixture into pre-greased muffin tins.
6. Bake for 23-28 minutes for regular muffins, or 15-18 minutes for mini muffins.
7. Serve warm, drizzled with honey or maple syrup, if desired.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>
1-877-219-4646 | <https://uwyo.cnpp.org/> | cnp-info@uwyo.edu

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