

Carrot Sweet Potato Muffins with Master Mix

Makes 6 servings | Grains • Vegetables

Ingredients

- 1 ⅓ cup *CNP Master Mix*
- ½ cup rolled oats
- ¾ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon salt
- ½ cup brown sugar
- 1 cup pureed sweet potato
- 1 cup pureed canned carrots
- 2 eggs
- Nonstick spray or muffin tin papers

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 375°F.
3. Coat 12 muffin pan cups with nonstick spray or line with muffin papers.
4. In a medium bowl, combine *CNP Master Mix*, oats, baking soda, spices, and salt.
5. In a separate bowl, combine brown sugar, sweet potatoes, carrots, and eggs. Stir into dry mixture.
6. Fill each muffin tin ⅔ full. Bake at 375°F for 20-25 minutes.

CNP Master Mix

Makes 10 cups | Grains

Ingredients

- 4 cups unsifted enriched flour
- 4 cups unsifted whole-wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

Directions

1. Wash hands with warm, soapy water.
2. In a large bowl, combine flours, baking powder, sugar, salt, and dry milk powder.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
4. Store in covered container in refrigerator for up to 3 months.



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 local CNP educator.

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