

Carrot Oatmeal Muffins

Makes 12 muffins | 12 servings | Grains • Vegetables

Ingredients

- 1 cup rolled oats
- 1 cup flour, all-purpose or whole wheat
- 1 teaspoon baking powder
- 1½ teaspoons cinnamon
- ½ teaspoon salt
- ½ cup applesauce
- 1 teaspoon vanilla extract
- 3-4 medium carrots, grated (or 1 cup shredded or 1 cup canned)
- 1 cup fat-free yogurt
- 3 eggs

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400°F. Coat muffin tins with nonstick cooking spray.
3. Combine oats, flour, baking powder, cinnamon, and salt in a large bowl and mix until combined.
4. Add applesauce, carrots, vanilla, yogurt, and eggs. If using canned carrots, drain them first and rinse under cool water. Dice into small pieces then add to batter.
5. Stir until just mixed.
6. Spoon muffin mixture into pre-greased muffin tins.
7. Bake for 23-28 minutes.
8. Serve warm or cool. Eat or refrigerate within 3 days.

Variation

Add Fruit & Nuts- Mix in 1/4 cup chopped dried fruit and 1/4 cup chopped nuts in step 4.



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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