

Pineapple Carrot Muffins

Ingredients

1 medium carrot, peeled and shredded (approx. $\frac{3}{4}$ cup shredded)
1 C. canned crushed pineapple with juice
5 Tbsp. canola oil
 $\frac{1}{4}$ C. cold water
1 Tbsp. white distilled or apple cider vinegar
 $\frac{3}{4}$ C. light brown sugar, packed
 $\frac{3}{4}$ C. all-purpose flour
 $\frac{3}{4}$ C. whole wheat flour
1 tsp. baking soda
1 tsp. ground cinnamon
pinch of ground nutmeg
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup raisins
OPTIONAL: $\frac{1}{2}$ C. chopped walnuts
non-stick cooking spray

Directions:

1. Preheat oven to 350 degrees Fahrenheit. Prepare 1 muffin tin (for 1 dozen muffins): line with paper muffin liners (if desired) and spray with cooking spray. Set aside.
2. In a medium bowl, combine shredded carrots, pineapple with juice, oil, water, vinegar, and brown sugar. Stir well to combine.
3. In a separate large bowl, sift dry ingredients (flour through salt) together.
4. Add wet ingredients to dry ingredients. Mix just until combined. Gently fold in raisins (and nuts, if using).
5. Pour batter into prepared muffins tins, filling each tin $\frac{3}{4}$ full. Bake for 20-25 minutes until tops spring back and a wooden toothpick inserted in the center comes out clean.

Yield: 1 dozen muffins

Chef's Note: Make a double batch and store extra muffins in the freezer for up to 2 months. Pull one muffin out each morning for a grab-and-go breakfast. Reheat in microwave for 1 minute or toaster oven for 5 minutes.