



Pineapple Carrot Muffins

Ingredients:

1 medium carrot, peeled
1 cup canned crushed pineapple with juice
5 tablespoons vegetable oil
1/2 cup cold water
1 tablespoon white distilled vinegar
1 teaspoon vanilla extract
3/4 cup all purpose flour
3/4 cup whole wheat flour
3/4 cup light brown sugar, packed
1 teaspoon baking soda
1 teaspoon cinnamon
1/2 teaspoon allspice
1/2 teaspoon salt
non-stick cooking spray
1/2 cup raisins (optional)
1/2 cup chopped walnuts (optional)

Instructions:

Preheat oven to 350 degrees. Shred carrot into a medium mixing bowl (should yield about 3/4 cup). Add pineapple, oil, water, vinegar and vanilla to the bowl with the carrot. In a separate large mixing bowl, mix the flours, brown sugar, baking soda, cinnamon, allspice and salt. Add the wet ingredients to the dry and mix until just combined. Add walnuts and raisins if using.

Coat muffin tin with non-stick spray or cupcake liners. Fill each muffin cup 2/3 full with batter. Bake for 20-25 minutes or until tops are golden brown and a toothpick comes out clean when inserted into the center. Makes 12 muffins.

Modifications:

To make a cake, pour the batter into a greased 8" baking dish and bake for 30-40 minutes.

To make these muffins into a dessert treat, top with cream cheese frosting.