



# Carrot Cake Muffins



**PREP TIME:** 20 minutes • **BAKE TIME:** 20 minutes • **SERVINGS:** 10

## INGREDIENTS

- 1½ cups carrots, grated
- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- ¼ cup ground flaxseeds
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ cup brown sugar
- 1 tablespoon cinnamon
- ¼ teaspoon sea salt
- 1 egg
- ¾ cup calcium-fortified 100-percent pure orange juice
- ½ cup unsweetened applesauce
- ½ cup coconut, grated

## INSTRUCTIONS

1. Preheat oven to 350°F. Spray muffin pan with cooking oil spray.
2. Shred carrots and set aside.
3. Combine flour, flaxseed, baking powder, baking soda, brown sugar, cinnamon and sea salt in a bowl, and mix.
4. Add egg, orange juice and applesauce to the bowl. Mix thoroughly.
5. Fold in carrots and coconut until blended.
6. Spoon mixture into muffin tins, filling until ⅔ full.
7. Bake for approximately 20 minutes, or until browned.

## NUTRITION INFORMATION

Each serving (one muffin) contains about 160 calories; 4.5 g total fat; 26 g carbohydrate; 25 mg cholesterol; 5 g protein; 4 g dietary fiber; 170 mg sodium.