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**Carrot Muffins**

Ingredients

370 ml flour

15 ml cinnamon

5 ml baking powder

5 ml baking soda

2 ml salt

2 egg

200 ml white sugar

150 ml oil

250 ml unsweetened apple sauce

200 ml shredded carrots

Method:

1. Preheat to 375 F
2. In a large bowl, sift together flour, cinnamon, baking powder, baking soda and salt.
3. In a small bowl, beat egg, sugar, oil and apple sauce.
4. Make a well in the dry ingredients and add the liquid all at once.
5. Stir until just mixed. The batter should be lumpy.
6. Stir in shredded carrots.
7. Fill the muffin cups 2/3 full. Sprinkle tops with brown sugar.
8. Bake for 15 – 20 minutes.
9. Bakes 12 muffins.