

Carrot Apple Muffin

Ingredients

- WW Flour - 1 Cup / 6 oz
- Brown Sugar - 1/4 Cup / 1.75 oz
- Oat Flour - 1/3 Cup / 1.5 oz
- Salt, Kosher - 1/2 tsp
- Baking Soda - 1/2 tsp
- Cinnamon - 1/2 tsp
- Ginger, Powder - 1/8 tsp
- Avocado Oil - 1/2 Cup / 4 oz
- Egg, Beaten - 2 ea / 4oz
- Applesauce - 1/4 Cup / 2.5 oz
- Butter, Melted - 1/4 Cup / 2 oz
- Maple Syrup - 1/4 cup / 3 oz
- Vanilla Extract - 1 tsp
- Carrots, Shredded - 1 Cup / 4.5 oz
- Apples, Diced - 1/2 Cup - 2.2 oz
- Golden Raisins - 1/4 cup - 1.2 oz

Directions

1. In a mixing bowl, combine the dry ingredients - stir to combine.
2. In a separate bowl, combine the wet ingredients - Whisk to combine.
3. Add the Carrots, Apples and Raisins to the wet mixture - Stir to combine.
4. Fold the dry ingredients into the wet mixture - Stir just well enough to combine the flour with the wet mixture - do not over mix.
5. Using a #20 scoop, portion the mixture into a prepared muffin tins, bake at 375 for 20 minutes. Allow to cool for at least 5 minutes before consumption.



**Serving Size
& Crediting**
2 Servings
2.5 oz

M/MA .25 oz
Whole Grain 1 oz

Fruit 0 cups
Vege 0 cups