

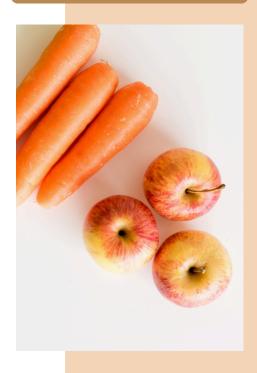
## Carrot Apple Muffin

## 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