



October 16- Carrot Ginger Muffin

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=17110>

Recipe

Ingredients:

- 1 cup whole-wheat flour
- 1 ½ teaspoon baking powder
- 1 egg, beaten
- ⅓ cup brown sugar
- ⅓ cup white sugar
- 2 Tablespoons butter
- 1 large carrot, finely shredded
- ¼ cup skim milk
- 1 teaspoon ginger
- ⅛ teaspoon cinnamon
- ⅛ teaspoon all spice
- ⅛ teaspoon vanilla

Directions:

1. Preheat oven to 350 °F.
2. Cut butter into small cubes and let soften.
3. In large bowl combine flour and baking powder with butter, using a pastry cutter or fingers to break down the butter into fine pieces mixed with the flour.
4. Add sugars, ginger, carrot, milk, beaten egg, vanilla, and spices to the mixture and mix thoroughly with a wooden spoon or spatula.
5. Bake for 25 minute and let cool.

Yield 12 servings

Nutrition Facts

Serving Size 1 muffin (37.02g)
Servings Per Container 12

Amount Per Serving

Calories 100 Calories from Fat 25

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 15mg 1%

Total Carbohydrate 18g 6%

Dietary Fiber 1g 5%

Sugars 10g

Protein 2g 4%

Vitamin A 20% • Vitamin C 0%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.