



CARROT CAKE MUFFINS

ingredients:

- Vegetable oil cooking spray
- 3/4 cup white whole wheat flour
- 1 cup cake flour
- 2/3 cup granulated sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1 (8-oz.) can crushed pineapple in juice

- 1/4 cup pureed pumpkin
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups shredded carrots
- 1/4 cup chopped walnuts
- 1/2 cup golden raisins

directions:

1. Preheat oven to 350° F. Spray a 12-cup muffin pan with vegetable oil cooking spray.
2. Combine flours, sugar, baking soda, cinnamon and salt in a large bowl; make a well in center of mixture.
3. In a separate bowl, whisk together pineapple, pumpkin, eggs and vanilla. Add pineapple mixture to flour mixture, stirring just until dry ingredients are moistened.
4. Fold in carrots, walnuts, and raisins.
5. Spoon batter into muffin pan, evenly distributing it between the 12 cups.
6. Bake at 350° F for 22 to 25 minutes or until a wooden pick inserted in muffin center comes out clean.
7. Cool in pans on a wire rack 10 minutes. Serve warm or at room temperature.

Yield: 12 muffins

Nutrition Information Per Serving:

- 171 Calories
- 2.5 grams Fat
- 0.5 grams Saturated Fat
- 36 mg Cholesterol
- 329 mg Sodium
- 35 grams Carbohydrates
- 2.5 grams Fiber
- 4 grams Protein

Food exchanges:
2 starch, 1/2 fruit, 1/2 fat



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