

# Eat Smart • Move More

## Carrot Pineapple Muffins

**Prep Time:** 10 minutes

**Total Time:** 25 minutes



### Ingredients

Nonstick cooking spray  
1 cup carrots, shredded  
¾ cup crushed pineapple canned in juice  
⅓ cup sugar  
⅓ cup unsweetened applesauce  
2 eggs  
1 ½ cups whole-wheat flour  
½ teaspoon baking soda  
½ teaspoon ground nutmeg  
½ teaspoon salt



### Directions



1. Heat oven to 425°F. Spray a muffin tin with nonstick cooking spray.
2. In a mixing bowl, combine carrots, pineapple, sugar, applesauce, and eggs together.



3. In a separate mixing bowl, mix flour, baking soda, nutmeg, and salt together.
4. Combine wet ingredients with the dry ingredients and spoon batter into the muffin tin.



5. Bake 13-17 minutes or until a toothpick inserted in the center comes out clean. Let sit for 5 minutes before eating.

(Recipe adapted from: <http://www.geniuskitchen.com>.)

### Nutrition Facts

12 servings per container  
**Serving size** 1 serving  
(62.02g)

**Amount per serving**  
**Calories** 100

		% Daily Value*
<b>Total Fat</b>	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	30mg	10%
<b>Sodium</b>	170mg	7%
<b>Total Carbohydrate</b>	20g	7%
Dietary Fiber	2g	7%
Total Sugars	8g	
Includes 6g of Added Sugars		12%
<b>Protein</b>	3g	
Vitamin D	0mcg	0%
Calcium	16mg	0%
Iron	1mg	4%
Potassium	124mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition.

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