



Carrot Apple Muffins

INGREDIENTS:

- ½ cup unsweetened applesauce
- ½ cup apples (peeled and chopped)
- 1 teaspoon cinnamon
- 2 eggs
- 6 tablespoons flour
- 1 teaspoon baking soda
- ⅔ cup powdered non-fat milk
- ¼ cup sugar
- ½ cup carrots, grated

DIRECTIONS:

1. Mix all ingredients together.
2. Spray muffin tin with non-stick cooking spray.
3. Divide equally.
4. Bake at 350°F for 25 minutes.

Nutrition Facts	
12 servings per recipe	
Serving size	1 muffin(47g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 1g	2%
Saturated Fat .5g	4%
Trans Fats 0g	
Cholesterol 35mg	10%
Sodium 150mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber less than 1g	2%
Sugars 13g	
Includes 0g added sugars	0%
Protein 4g	
Vitamin D 2mcg	0%
Calcium 1170mg	8%
Iron 10mg	4%
Potassium 1460mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.