

## Carrot Pineapple Muffins

Need a quick snack that will give you energy? Try out these vegetable and fruit packed muffins. So easy to make! Freeze & pull out as you need so they stay fresh! Warm & enjoy!

Preparation Time: 15 min.

Cooking Time: 25-30 min.

Servings: 2 dozen small muffins

Amount	Ingredient	Cost – date:
<b>For Muffins:</b>		
1 1/2 cup	All-Purpose Flour	
1 tsp	Baking Powder	
1 tsp	Baking Soda	
1/2 tsp	Salt	
1 tsp	Cinnamon	
2	Eggs	
1 cup	Granulated Sugar	
2/3 cup	Vegetable Oil	
1 tsp	Vanilla	
1 cup	Crushed Pineapple with juice	
1 cup	Carrots, grated	
<b>For Topping:</b>		
1/4 cup	Brown Sugar	
1/4 cup	Nuts, chopped or pumpkin seeds	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 350. Line or grease a muffin tin. Mix the topping ingredients together and set aside.
2. In a large bowl, Combine the flour, baking powder, baking soda, salt & cinnamon.
3. In another bowl, add the eggs, granulated sugar, oil, vanilla, pineapple and carrots and mix together.
4. Mix wet ingredients into dry ingredients.
5. Scoop into muffin tins and sprinkle on the topping.
6. Bake for 25-30 minutes.

SOURCE: Ruth Mackie (from Take Time in 2008)

**Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!**

“Give us this day our daily bread.” Matthew 6:11