

Carrot Zucchini Apple Muffins

Bake up some filling muffins, packed full of yummy vegetables that even the kids won't know are in there!

Preparation Time: 10 min.

Cooking Time: 18 – 20 min.

Servings: 12

Ingredients:

Amount	Ingredient	Cost – date:
1	Egg, lightly beaten	
2 tbsp	Vegetable oil	
1/2 cup	Milk, any kind	
2/3 cup	Brown sugar, packed	
1 tsp	Vanilla	
1 ¾ cup	Whole wheat flour	
¼ cup	Flaxseeds, grounded	
2 tsp	Baking powder	
½ tsp	Salt	
1 tsp	Cinnamon	
½ tsp	Nutmeg	
1 cup	Apples, peeled and diced	
½ cup	Carrots, grated	
½ cup	Zucchini, grated	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 400 and grease muffin tins. Note: I have found that the batter sticks to paper muffin liners so use spray oil or butter on the tins.
2. Mix together the egg, oil, milk, sugar and vanilla in large bowl and set aside.
3. In a separate bowl, combine flour, flax, baking powder, salt and spices. Whisk together well. Add to egg bowl, stirring only until just combined. Don't over mix.
4. Fold in apple, carrots and zucchini lightly. Spoon into greased muffin tins
5. Bake for 18 - 20 mins.
6. Let cool in tins for 5- 10 mins then carefully remove from tins to let rest on a cooling rack.

Source: Christine L.

Thanks for coming to Forestbrook 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