

ANYTIME MUFFINS

INGREDIENTS

PREPARATION: 15 MINUTES

COOKING: 25 MINUTES

24 MUFFINS

Nutrient Analysis

PER SERVING (1 muffin)

Renal exchange:

1 Starch

Calories	152kcal
Protein	2g
Carbohydrates	20g
Fibre	0.8g
Total Fat	7g
Saturated Fat	0.8g
Cholesterol	21mg
Sodium	92mg
Potassium	65mg
Phosphorus	27mg

1 1/4 cups carrots, finely grated

1 1/2 cups apples, peeled and grated (3 medium apples)

3/4 cup fresh or frozen cranberries (or 1/2 cup dried)

3/4 cup pineapple tidbits (no juice)

1 1/2 teaspoons baking soda

3 tablespoons sour cream

2 1/4 cups all-purpose flour

1 teaspoon cinnamon

1/4 teaspoon nutmeg

3 eggs

3/4 cup granulated white sugar

1 teaspoon vanilla

2/3 cup vegetable oil



PREPARATION

- 1 Preheat oven to 375° F (conventional) or 350° F (convection)
- 2 In a food processor or with a grater shred carrots and apples. Mix in a large bowl with cranberries and pineapple, set aside.
- 3 In a small cup mix the baking soda into the sour cream.
- 4 Prepare flour mixture: sift flour with spices into the bowl with grated mixture and stir.
- 5 Prepare egg mixture: in a medium bowl beat eggs with sugar and vanilla, add oil and whisk together for 1 minute. Add soda and sour cream mixture and blend well.
- 6 Pour egg mixture into flour mixture and stir until just combined. DO NOT OVER STIR.
- 7 Spoon batter into greased or lined standard muffin tins (about 1/3 cup), filling to the top.
- 8 Bake for 20-25 minutes.

SUGGESTION

Great for breakfast and as a snack on the go!

Muffins can be wrapped individually after they cooled off and frozen.