



## Carrot Pumpkin Muffins

Source: Edward Christensen, Missoula, Montana County Public Schools

### Servings

6

### Ingredients

1/2 cup all-purpose white flour	2 Tbsp
2/3 cup whole wheat flour	vegetable oil
1 tsp cinnamon	1 Tbsp applesauce
1/4 tsp nutmeg	1/2 cup canned pumpkin
1/4 tsp baking soda	1/2 cup light brown sugar, <i>packed</i>
1/4 tsp salt	1 cup raw carrots, <i>grated</i>
1 large egg	

### Preparation

1. Combine flour, spices, baking soda, and salt in bowl.
2. In mixing bowl with paddle attachment, beat oil, applesauce, pumpkin, sugar, and eggs. Beat for approximately 3 minutes, scraping bowl as necessary.
3. Add flour mixture to the pumpkin applesauce mixture, and continue to blend for 2 minutes. Fold in grated carrots.
4. Spoon into muffin baking papers until about 3/4 full.
5. Bake in preheated 325°F oven for about 35 minutes. Be sure to continually check by inserting a toothpick into the center of a muffin--when it comes out clean, the muffins will be done.

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# Carrots



Scarlet Nantes

Dragon

Yellowstone

MONTANA  
Harvest  
of the month

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Scarlet Nantes

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