



Morning Carrot Muffins

1 ¼ cups all-purpose flour	2 cups shredded carrot	3 eggs
¾ cup whole-wheat flour	½ cup raisins	¼ cup vegetable oil
1 cup sugar	½ cup chopped walnuts	1 cup unsweetened applesauce
2 teaspoons baking soda	½ cup unsweetened coconut	2 teaspoons vanilla extract
1 tablespoon cinnamon	1 finely chopped medium apple	
¼ teaspoon salt		

Preheat oven to 350 degrees F. **Spray** 18 muffin cups with nonstick spray or line them with muffin liners. In a large bowl, **mix** together flours, sugar, baking soda, cinnamon, and salt. **Stir** in carrots, raisins, nuts, coconut, and apple. In a separate bowl, **beat** together eggs, oil, applesauce, and vanilla. **Stir** wet ingredients into the flour mixture until just moistened. Do not overmix.

Scoop batter into prepared muffin cups. **Bake** for 20 minutes, or until a toothpick inserted in the center comes out clean.

Yield: 18 muffins

Nutritional Analysis:
170 calories, 6 g fat, 1.5 g saturated fat, 30 mg cholesterol, 180 mg sodium, 27 g carbohydrate, 2 g fiber, 16 g sugars, 10 g added sugars, 3 g protein

Kentucky Carrots

SEASON: June through early August

NUTRITION FACTS: Fat-free, cholesterol-free, low in sodium, and an excellent source of vitamin A, which is an important vitamin for eye health. A medium carrot contains about 30 calories.

SELECTION: Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid carrots that are soft, wilted, or split.

STORAGE: Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.

PREPARATION: Rinse and remove ends, peel if desired. Carrots are eaten raw or cooked. Use raw in salads, with dips, or plain as a snack. To cook whole or cut: steam, boil, microwave, roast, or add to stir-fries, soups, stews, and casseroles.

PRESERVING: Carrots can be preserved by freezing, canning, pickling, or drying.

KENTUCKY CARROTS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand. <http://plateitup.ca.uky.edu>



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