



### **Zucchini and Carrot Muffins**

12 (1 Muffin) Servings; 24 (1/2 Muffin) Sample Servings

1/2 Cup Brown Sugar  
1 Egg  
3/4 Cup Applesauce  
1 Teaspoon Vanilla Extract  
1 Cup grated Carrots  
1 Cup grated Zucchini  
1 Cup Whole Wheat Flour  
3/4 Cup All-Purpose Flour  
2 Teaspoons Baking Powder  
2 Teaspoons Pumpkin Pie Spice  
1/2 Teaspoon Salt

#### **Directions:**

- 1) Preheat oven to 400 degrees
- 2) In a large bowl combine the sugar, egg, applesauce and vanilla.
- 2) Pour in the whole wheat flour and all purpose flour. Combine well.
- 3) Stir in the baking powder, pumpkin pie spice, salt, carrots and zucchini.
- 4) Spray a muffin pan with non stick spray and fill 3/4 full with muffin batter.
- 5) Bake for 18-20 minutes until cooked through.

Nutritional Information: Calories 103; carbohydrates 22g; protein 3g; fat 0g; saturated fat 0g; cholesterol 17mg; fiber 2g; sodium 112mg; calcium 53mg; iron 1mg; folate 23mcg; percent calories from fat 0%