

# From our kitchen to yours



## Zucchini Apple Carrot Muffins

*Courtesy of Alberta Health Services*

**Yields: 24 muffin (56g each)**

### Ingredients:

2 cups	whole wheat flour	1 ¼ cup	sugar
4 tsp	baking powder	1 tsp	vanilla
1 tsp	cinnamon	2 cups	grated zucchini
½ tsp	salt	1 cup	grated carrot
¼ tsp	nutmeg	1 med	apple, finely chopped
3 large	eggs	¾ cup	raisins
¾ cup	canola oil	½ cup	chopped pecans or walnuts

### Directions:

Preheat oven to 375 F (190 C).

Spray 2 muffin tins with non-stick cooking spray.

In a medium bowl, mix together flour, baking powder, cinnamon, salt and nutmeg.

In a separate large bowl, beat together eggs, oil, sugar and vanilla.

Add zucchini, carrot, apple, raisins and nuts, and stir together.

Add flour mixture to zucchini mixture and mix until combined.

Pour batter into muffin tins\ Bake muffins for about 25 minutes.

Test to see if they are done by inserting a toothpick in to the centre.

The muffins are done if the toothpick comes out clean.

