



# Zucchini Carrot Muffins



1-800-WIC-1007

## Ingredients

- 3 cups grated zucchini (about 2 medium zucchinis, seeded)
- 2 cups grated carrots (about 5 medium carrots, peeled)
- 1 medium ripe banana, mashed
- 1 cup unsweetened applesauce
- 3 eggs, beaten
- ½ cup sugar
- 2 tablespoons canola or vegetable oil
- 1 tablespoon vanilla extract
- 1 tablespoon lemon juice
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 2 cups flour
- 1 cup whole wheat flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- Non-stick cooking spray

## Directions

1. Preheat the oven to 350° F and spray or line two 12-tin muffin pans.
2. In a large bowl combine the grated zucchini, carrot, banana, applesauce, eggs, sugar, oil, vanilla, and lemon juice. Mix well using a fork.
3. In another medium bowl, add the cinnamon, nutmeg, flour, salt, baking powder, and baking soda. Sift or mix well.
4. Slowly pour the dry ingredients into the wet and mix well.
5. Evenly pour the batter into the muffin pans.
6. Bake for 20 minutes or until an inserted toothpick comes out clean, let cool and serve.

*Serves: 24 • Serving Size: 1 muffin • Total Time: 25 minutes • Cook Time: 20 minutes*

## Chef Tips

1. Use 1 teaspoon pumpkin pie spice instead of nutmeg
2. Use 1 cup plain yogurt instead of applesauce, or use half and half
3. Cut this recipe in half to make 12 muffins
4. To make a quick bread from this recipe: cut the recipe in half and pour into a greased loaf pan and bake for 50 minutes

## Supplies

- Peeler
- Grater
- Measuring cups
- Large bowl
- Fork and small bowl
- Measuring spoons
- 12-tin muffin pan
- Paper liners or cooking spray



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*Nutrition Facts Per Serving: 110 Calories, 2 g Fat, 20 g Carbohydrate, 3 g Protein, 194 mg Sodium*