Pineapple Carrot Muffins

Chef Bob Casey . Boston, Mass.

Serves 12, 1 muffin per serving
Prep time: 15 minutes • Cook time: 25 minutes

Ingredients

1 medium carrot

1 cup canned crushed pineapple with juice

5 Tablespoons canola oil

1/4 cup cold water

1 Tablespoon white distilled vinegar

1 1/2 cups all-purpose flour

34 cup light brown sugar, packed

1 teaspoon baking soda

1 teaspoon ground cinnamon

1/4 teaspoon salt

Pinch ground nutmeg, pumpkin pie spice, or apple pie spice

Non-stick cooking spray

Optional Ingredients

½ cup chopped walnuts (or ½ cup raisins)

Materials

12-cup muffin pan • Box grater • Can opener • Fork • Large bowl • Measuring cups • Measuring spoons • Medium bowl • Mixing spoon • Vegetable peeler

Nutrition Facts

Serving Size 1 muffin (66g) Servings per Recipe 12

Calories 160	Calories	from Fat 50
		% Daily Value*
Total Fat 6g		9%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 160mg		7%
Total Carbohydrate 27g		9%
Dietary Fiber 1g		4%
Sugars 16g		
Protein 2g		

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Vitamin A 15%

Calcium 0%

Directions

- 1. Preheat oven to 350°F.
- 2. Rinse and peel carrot. Shred with a grater. Measure out ¾ cup shredded carrot.
- 3. In a medium bowl, add pineapple with juice, oil, water, vinegar, and shredded carrot. Mix with a fork to combine.
- 4. In a large bowl, mix flour, brown sugar, baking soda, cinnamon, salt, and nutmeg. Blend well with a fork to break up any lumps.
- 5. Add wet ingredients to dry ingredients. Mix until just combined.
- 6. If using walnuts or raisins, gently stir in now.
- 7. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about ¾ full with batter. Bake on middle rack of oven until muffin tops are golden brown and a toothpick inserted comes out clean, about 20–25 minutes.

Chef's Notes

- Use whole wheat flour for half of the all-purpose flour.
- To make these as a cake, pour batter into a greased 8-inch baking dish. Bake until top is golden brown and a toothpick inserted in the middle comes out clean, about 30-40 minutes.
 - This recipe does not work well when doubled or baked as a cake in any pan larger than 8 inches.
 - To make these a cupcake dessert, add a cream cheese frosting. Mix 4
 Tablespoons soft cream cheese, ²/₃ cup nonfat plain yogurt, and 1–2
 Tablespoons honey until smooth and creamy. Spread a thin layer of frosting over each muffin.
 - You can line muffin pan with paper muffin cups instead of using cooking spray, if you like.
 - Make a double batch. Muffins freeze well for up to 2 weeks. Pull one out each morning for a grab-and-go breakfast. Reheat in microwave for 1 minute or toaster oven for 5 minutes.





Vitamin C 4%Iron 4%