

## Whole Wheat Carrot Muffins



### Ingredients:

- 1 1/2 c whole wheat flour
- 1 t baking soda
- 1 t ground cinnamon
- 1/2 t ground ginger
- 1/2 t salt
- 1 stick butter, softened
- 1/2 c honey
- 1 egg
- 1 t vanilla extract
- 1 c unsweetened applesauce
- 3/4 c carrots, shredded

### Directions:

1. Preheat oven to 350 °F. Grease muffin pans or line with paper or foil liners.
2. Wisk together all dry ingredients.
3. In a large bowl, mix butter, honey, egg, and vanilla with an electric mixer. Turn down the speed to slowly add the dry ingredients until well combined.
4. Carefully mix in applesauce and grated carrots with a spatula. Divide the batter between the muffin cups. Bake 20 minutes or until a toothpick comes out clean and muffin tops are lightly browned.

Makes 12 servings.



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