

Hearty Carrot Muffins

By: Dottie Baltz

Makes 12 Muffins

- ~ ¾ cup fat free milk
- ~ ½ cup maple syrup
- ~ 2 egg whites
- ~ 1 tablespoon canola oil
- ~ ½ cup tart apple, grated
- ~ ½ carrot, shredded
- ~ ¾ cup whole wheat flour
- ~ ½ cup wheat bran
- ~ ¼ cup all-purpose flour
- ~ 3 tablespoons white sugar
- ~ 1 teaspoon baking powder
- ~ 1 teaspoon baking soda
- ~ ½ teaspoon salt
- ~ ½ teaspoon cinnamon

In a large bowl, beat the milk, syrup, egg whites and oil until smooth. Stir in apple and carrot.

Combine the dry ingredients and then stir them into the milk mixture just until moistened.

Coat muffin cups with cooking spray and fill 2/3 full.

Bake at 375 degrees for 18-20 minutes.

Cool for 5 minutes and then remove from pans and finish cooling on rack.