Whole Wheat Carrot Cake Muffins

Yield: 12 muffins

Ingredients

1 ½ cup | Whole wheat pastry flour (not regular Whole Wheat flour)
½ cup | Brown sugar
¼ cup | Chopped walnuts
¼ cup | Raisins
2 tsp. | Cinnamon
½ tsp. | Nutmeg
1 tsp. | Baking powder
1 tsp. | Baking soda
¼ tsp. | Salt

Wet

1 ½ cup | Unsweetened applesauce
1 cup | Shredded carrot (about 1 large carrot or 16 baby carrots worth)

Directions

Preheat oven to 350. In two separate bowls, mix dry, then wet, and then combine, adding wet to dry and stirring gently until the mixture is uniform-ish. The batter will be pretty wet because of all the applesauce — don’t worry.

Spoon the mixture into a non-stick or sprayed muffin pan. Bake 25 minutes — fork check near end to make sure they are done!

Nutritional Facts

Nutritional information per muffin: Calories: 115, Fat: 2 g, Protein 2 g, Carbs 22 g, Fiber 2.5 g.