



### NO-PREP OR LOW-PREP:

- Encourage children top their cereal or granola with a handful of raisins.
- Raisins are also a great addition to creamy yogurt.
- Use raisins to add sweetness and chewiness to your roasted soybean and pumpkin seed mix.

### GET INSPIRED:

- Incorporate raisins into your favourite oatmeal recipe.
- Raisins go really well with all sorts of muffins, as the recipe below clearly shows.

## Apple, Carrot and Raisin Muffins



Yield  
12 muffins



Prep Time  
20 min



Cooking Time  
20-25 min



Photo credit: Robin Hood

### INGREDIENTS

- |   |                                |
|---|--------------------------------|
| 2 c. (500 ml) whole-wheat flour                           | ½ c. (125 ml) grated carrots   |
| ¼ c. (60 ml) sugar  | ½ c. (125 ml) raisins          |
| 2 tsp. (10 ml) baking soda                                | ½ c. (125 ml) vegetable oil    |
| 1 tbsp. (15 ml) ground cinnamon (optional)                | ¼ c. (60 ml) milk              |
| ½ tsp. (2.5 ml) salt                                      | 2 tsp. (10 ml) vanilla extract |
| 1 single-serve applesauce cup (104 ml)                    | 2 eggs, lightly beaten         |
| 2 c. (500 ml) peeled and shredded apples (about 3 medium) |                                |

### PREPARATION

Heat oven to 350°F (180°C). Grease 12 muffin cups or line with paper or silicone baking cups.

Combine flour, sugar, baking soda, cinnamon (if using) and salt in a large bowl.

Add the applesauce, apples, carrots and raisins. Mix well. Add oil, milk, vanilla and eggs.

Stir just until moistened.

Fill prepared muffin cups ¾ full.

Bake for 20 to 25 minutes or until a toothpick inserted into the centre comes out clean. Immediately remove from pans. Cool and serve!