

NO-PREP OR LOW-PREP:

- Serve baby carrots with cream cheese for a dip, and watch both get gobbled up in no time!
- Finger food for breakfast: Serve with hard-boiled eggs, Melba toast and more.



GET INSPIRED:

- Make a small side salad with shredded carrots and raisins.
- Grate the carrots and add to your favourite muffin recipes.
- Soup for breakfast? Why not! Whip up a cream of carrot soup, with toast and cheese on the side.
- A little grated carrot added to your smoothie will turn it bright orange! And the sweet flavour won't overpower your fruit.

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

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!



Yield
12 muffins



Prep Time
10 min



Cooking Time
20 min



Photo credit: Cuisinez

Carrot Muffins

INGREDIENTS

| | |
|---|--|
| 2½ c. (625 ml) coarsely grated carrots | ¼ tsp. (1.25 ml) baking powder |
| ½ c. (125 ml) sugar | ½ tsp. (2.5 ml) salt |
| 1 single-serve applesauce cup (104 ml) | ½ tsp. (2.5 ml) ground cinnamon (optional) |
| ⅓ c. (80 ml) vegetable oil or margarine | ½ tsp. (2.5 ml) nutmeg (optional) |
| 1 large egg | ½ c. (125 ml) raisins |
| 1 c. (250 ml) whole-wheat flour | |
| ½ c. (125 ml) oats | |
| ½ tsp. (2.5 ml) baking soda | |

PREPARATION

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

Add carrots, sugar, applesauce, oil (or margarine), and egg to a food processor and mix.

Combine flour, oats, baking soda, baking powder, salt, and spices (if using). Add the mixture to the food processor and blend until just combined.

Divide and fill prepared muffin cups.

Bake for 20 minutes or until a toothpick inserted into the centre comes out clean.