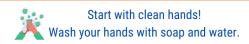# Pineapple Carrot Muffins

Prep time: 15 min

Cook time: 20-25 min

Makes 12 muffins

INGREDIENTS

- 1 medium carrot or 1/3 cup pre-shredded carrots
- 1 cup crushed pineapple with juice
- 5 Tablespoons canola oil
- 1/4 cup cold water
- 1 Tablespoon white distilled vinegar
- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3/4 cup brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- Pinch of ground nutmeg

DIRECTIONS

Start with clean hands!
Wash your hands with soap and water.

1. Preheat oven to 350° F.
2. If not using pre-shredded carrots, rinse and peel carrot and shred with a grater.
3. In a medium bowl, combine pineapple, oil, water, vinegar, and shredded carrot. Mix with a fork.
4. In a large bowl, mix flours, brown sugar, baking soda, cinnamon, salt, and nutmeg.
5. Add wet ingredients to dry ingredients. Mix until just combined.
6. Coat muffin pan with non-stick cooking spray. Fill each muffin cup about ¾ full with the batter.
7. Bake for about 20-25 minutes, until muffins are golden brown and a toothpick inserted comes out clean.

Recipe adapted from Share Our Strength's Cooking Matters