

## **Carrot Spice Muffins**

Vegetable Cooking Spray  
2 Large Carrots (1 ½ cups grated)  
2 Eggs  
½ Cup Applesauce  
2/3 Cup Sugar  
1 Teaspoon Vanilla  
2 Tablespoons Vegetable Oil  
1 Cup Flour  
1 Teaspoon Baking Soda  
½ Teaspoon Salt  
1 Tablespoon Cinnamon  
½ Cup Raisins

1. Preheat oven to 350. Coat 12 muffin cups with vegetable cooking spray.
2. Peel and grate carrots.
3. In large bowl, combine eggs, applesauce, sugar, vanilla, and oil; mix until well blended.
4. In another bowl, combine flour, baking soda, salt, and cinnamon.
5. Slowly stir the dry ingredients into the applesauce mixture just until blended.
6. Stir in carrots and raisins.
7. Divide batter among muffin cups, filling each about half full.
8. Bake 25 minutes, or until lightly browned.
9. Let cool 5 minutes. Remove muffins from muffin cups and cool completely.

Makes: 12 muffins

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