

## **Carrot and Oat Muffins**

½ cup fat-free (skim) milk  
½ cup unsweetened applesauce  
1 tablespoon canola oil  
2 eggs, beaten  
1.2 cup shredded carrot (1 medium to large carrot)  
¾ cup whole wheat flour  
¾ cup all-purpose flour  
1 cup minus 2 tablespoons old fashioned oats  
⅓ cup sugar or ¼ cup sugar plus 1 tablespoon sugar substitute  
1 teaspoon ground cinnamon  
1 ½ teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
¼ cup finely chopped walnuts (optional)

Preheat oven to 35 degrees F. Coat muffin pan with nonstick cooking spray, set aside.

Beat together milk, applesauce, oil, and eggs in large bowl. Stir in carrot. Combine whole wheat flour, all-purpose flour, oats, sugar, cinnamon, baking powder, baking soda and salt in separate bowl. Stir well. Add flour mixture to applesauce mixture. Stir just until batter is moistened. Do not beat.

Spoon batter into prepared muffin cups, filling two thirds to three fourths full. Sprinkle 1 teaspoon walnuts over each muffin, if desired. Bake 20 to 22 minutes or until muffins are golden brown. Cool in muffin pan 5 minutes. Turn out onto wire rack to cool completely.

Makes 12 muffins

Calories 130, Total fat - 3g, Saturated fat - <1g, Protein 3g, Carbohydrate 23g, Cholesterol 35mg, Dietary Fiber 2g, Sodium 182mg

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