

# ANYTIME MUFFINS

PREPARATION: 15 MINUTES

COOKING: 25 MINUTES

24 MUFFINS

## Nutrient Analysis

PER SERVING (1 muffin)

Renal exchange:

1 Starch

Calories	<b>152kcal</b>
Protein	<b>2g</b>
Carbohydrates	<b>20g</b>
Fibre	<b>0.8g</b>
Total Fat	<b>7g</b>
Saturated Fat	<b>0.8g</b>
Cholesterol	<b>21mg</b>
Sodium	<b>92mg</b>
Potassium	<b>65mg</b>
Phosphorus	<b>27mg</b>

## INGREDIENTS

*1 1/4 cups carrots, finely grated*

*1 1/2 cups apples, peeled and grated (3 medium apples)*

*3/4 cup fresh or frozen cranberries (or 1/2 cup dried)*

*3/4 cup pineapple tidbits (no juice)*

*1 1/2 teaspoons baking soda*

*3 tablespoons sour cream*

*2 1/4 cups all-purpose flour*

*1 teaspoon cinnamon*

*1/4 teaspoon nutmeg*

*3 eggs*

*3/4 cup granulated white sugar*

*1 teaspoon vanilla*

*2/3 cup vegetable oil*



## PREPARATION

- 1 Preheat oven to 375° F (conventional) or 350° F (convection)
- 2 In a food processor or with a grater shred carrots and apples. Mix in a large bowl with cranberries and pineapple, set aside.
- 3 In a small cup mix the baking soda into the sour cream.
- 4 Prepare flour mixture: sift flour with spices into the bowl with grated mixture and stir.
- 5 Prepare egg mixture: in a medium bowl beat eggs with sugar and vanilla, add oil and whisk together for 1 minute. Add soda and sour cream mixture and blend well.
- 6 Pour egg mixture into flour mixture and stir until just combined. DO NOT OVER STIR.
- 7 Spoon batter into greased or lined standard muffin tins (about 1/3 cup), filling to the top.
- 8 Bake for 20-25 minutes.

## SUGGESTION

*Great for breakfast and as a snack on the go!*

*Muffins can be wrapped individually after they cooled off and frozen.*