**CARROT CAKE MUFFINS WITH APPLES**

Makes 16 muffins

These muffins are a bit of a throwback, but you’ll be glad for this comeback. Similar to carrot cake (which might be carrots’ sweetest claim to fame), here carrots are shredded and baked into warmly spiced muffins. They are full of the edible orange root, along with apple, coconut, raisins, and pecans, making them a hearty yet satisfying morning or brunch meal option.

**INGREDIENTS:**

WHISK:

1. 2 cups all-purpose flour
2. ½ cup granulated sugar
3. ½ cup packed dark brown sugar
4. 2 Tsp. ground cinnamon
5. 2 Tsp. baking soda
6. 1 Tsp. table salt

STIR IN:

1. 2 cups shredded carrots
2. 1 Granny Smith apple shredded (about 1-1/2 cups)
3. ¾ cup sweetened shredded coconut
4. ½ cup golden raisins
5. ½ cup chopped pecans, toasted

WHISK:

1. 3 eggs
2. ¾ cup canola oil
3. 2 Tsp. vanilla extract

**DIRECTIONS:**

Preheat oven to 350 degrees F. with rack in bottom third. Line muffin pans with liners. Whisk together flour, granulated sugar, brown sugar, cinnamon, baking soda, and salt in a bowl. Stir in carrots, apples, coconuts, raisins, and pecans. Whisk together eggs, oil, and vanilla; add to flour-carrot mixture and stir just until combined. Scoop batter into muffin liners until full. Bake muffins until a toothpick inserted in centers comes out clean, about 25 minutes. Let muffins cool in pan 5 minutes before turning out.

Per muffin: 281 cal; 15g total fat (3g sat); 35 mg chol; 340 mg sodium; 34g carb; 2g fiber; 3g protein