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## OATMEAL-CARROT FRUIT MUFFINS

Courtesy of the American Institute for Cancer Research

Please note that ingredients below also list item numbers at Molly Bea's INGREDIENTS, should you need to pick anything up to complete the recipe

### INGREDIENTS:

Canola oil spray

2 cups whole wheat pastry flour – FL-13

1 teaspoon baking powder – BK-02

1 teaspoon baking soda – BK-03

¼ teaspoon fine sea salt – SM-04

1½ teaspoon cinnamon – SM-80

1½ teaspoon nutmeg – SM-55

½ cup white sugar

½ cup brown sugar

¼ cup canola oil

½ cup apple sauce

2 eggs plus 1 egg white – lightly beaten

1 teaspoon vanilla extract - PP-105... OR... 1 teaspoon vanilla bean paste – PP-488

½ cup uncooked quick rolled oats – GR-29

¼ cup unsweetened dried coconut flakes – DF-10

¾ cup dried fruits: pineapple bits - DF-26... OR ... dried cherries – DF-16 ... OR ... dried cranberries – DF-11

½ cup golden raisins – DF-34

2 cups shredded carrots

¼ - ½ cup water as required to make batter loose

### DIRECTIONS:

1. Preheat oven to 350 degrees & lightly spray muffin tin with canola oil spray.
2. Mix flour, baking powder, baking soda, salt & cinnamon in a large bowl. Make a well in the center of the mixture & add both sugars, canola oil, apple sauce, beaten eggs & vanilla. Mix until evenly moist.
3. Fold in oats, coconut, raisins & other dried fruits. Fill each muffin cup about 2/3 full with batter. Bake 25 minutes or until toothpick comes out clean.