

# Zucchini Apple Carrot Muffins

Eating foods with fibre is an important part of a healthy diet. This tasty recipe makes it easy to do that because it uses high fibre ingredients such as whole grain flour, vegetables and fruit.



## Ingredients:

2 cups	Whole wheat flour	500 mL
4 tsp	Baking powder	20 mL
1 tsp	Cinnamon	5 mL
½ tsp	Salt	2 mL
¼ tsp	Nutmeg	1 mL
3 large	Eggs	3 large
¾ cup	Canola oil	175 mL
1 ¼ cups	Sugar	310 mL
1 tsp	Vanilla	5 mL
2 cups	Grated zucchini	500 mL
1 cup	Grated carrot	250 mL
1 medium	Apple, finely chopped	1 medium
¾ cup	Raisins	175 mL
½ cup	Chopped pecans or walnuts	125 mL
	Non-stick cooking spray	

## Directions:

1. Preheat oven to 375°F (190°C).
2. Spray 2 muffin tins with non-stick cooking spray.
3. In a medium bowl, mix together flour, baking powder, cinnamon, salt and nutmeg.
4. In a separate large bowl, beat together eggs, oil, sugar and vanilla. Add zucchini, carrot, apple, raisins, and nuts, and stir together.
5. Add flour mixture to zucchini mixture and mix until combined.
6. Pour batter into muffin tins.
7. Bake muffins for about 25 minutes. Test to see if they are done by inserting a toothpick into the centre. The muffins are done if the toothpick comes out clean.

**Makes 24 muffins (56 g each)**

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## Nutrition Facts

Per 1/24 of recipe (1 muffin/ 56 g)

Amount	% Daily Value
<b>Calories</b> 180	
<b>Fat</b> 9 g	<b>15 %</b>
Saturated 1 g	<b>5 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 95 mg	<b>6 %</b>
<b>Carbohydrate</b> 24 g	<b>8 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 15 g	
<b>Protein</b> 3 g	
Vitamin A	8 %
Vitamin C	4 %
Calcium	4 %
Iron	6 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
Low in saturated fat	1 g
Low in sodium	95 mg
Source of magnesium	22 mg
Source of folate	14 mcg
Source of iron	0.8 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1/2
Grain Products	1 1/2
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Grain Products) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- 2 muffin tins
- Grater