## CARROT **APPLESAUCE**

BITES Makes 24 mini muffins

### Here's What You Need

- 1½ cups whole-wheat flour

- teaspoon baking soda

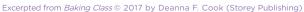
- 1 cup unsweetened
- ½ cup grated carrot

### HERE'S WHAT YOU DO

- Preheat the oven to 350°. Line two 12-cup mini muffin pans with paper liners, or grease the cups.
- Stir the flour, cinnamon, baking powder, baking soda, and salt in a medium bowl.
- Whisk the eggs in a separate bowl. Mix in the brown sugar. Then add the melted butter and applesauce. Stir in the grated carrot.
- Pour the applesauce mixture over the flour mixture, and stir until all the flour is mixed in.

- Spoon the batter into the muffin cups, filling each one about two-thirds full.
- Bake the muffins for 15 to 20 minutes. Let cool before enjoying.







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- cup grated carrot

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