

ZUCCHINI MUFFINS

CARROT

OATMEAL

Ingredients

1/2 cup rolled oats

1 cup all purpose flour

1 1/2 cup whole wheat flour

1 1/2 cups sugar

1 tablespoon baking powder

1 1/2 teaspoons ground cinnamon

1 teaspoon salt

3 large eggs + 1 large egg white

3/4 cup oil

1 cup grated zucchini

1 cup grated carrot

3/4 cup raisins

Instructions

1. Preheat oven to 350 degrees.
2. Mix dry ingredients in a large bowl and set aside. In a separate bowl, whisk eggs and oil. Stir in grated zucchini and carrots. Add to dry ingredients and stir until combined.
3. Fill muffin cups about 3/4 full and bake for approx. 20 minutes. They are done when a knife inserted comes out

clean, and tops spring back when lightly touched.