



Heart Smart Carrot Raisin Muffins

INGREDIENTS (Yield: 18 servings)

- ¾ cup unsweetened applesauce, drained
- 5 cups shredded carrot (about 1 pound)
- ¾ cup granulated sugar
- ¾ cup packed brown sugar
- ¼ cup canola oil
- ¼ cup low-fat buttermilk
- 2 teaspoon vanilla extract
- 1 large egg
- 3 large egg whites
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon nutmeg
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 cup golden raisins
- Vegetable oil cooking spray
- 2 tablespoons powdered sugar (optional)

NUTRITION INFORMATION: 191 Calories; 4 grams Fat; 0 grams Saturated Fat; 12mg Cholesterol; 178 mg Sodium; 37 grams Carbohydrates; 2 grams Fiber; 54 mg Calcium; 3 grams Protein

DIRECTIONS

1. Preheat oven to 350 degrees Fahrenheit. To drain applesauce, spread applesauce (to a ½-inch thickness) onto several layers of heavy-duty paper towels. Cover with additional paper towels and let stand for 5 minutes. Carefully scrape applesauce into a bowl using a rubber spatula. Cover and refrigerate.
2. Place shredded carrot in a colander and pour granulated sugar on top; toss and drain for 20 minutes. In a bowl, beat brown sugar, oil and buttermilk until blended. Add applesauce and vanilla; beat until well-blended. Add egg and egg whites, one at a time, beating well after each addition. In a large bowl, combine flour, baking powder, baking soda, nutmeg, cinnamon and salt; stir well with a fork.
3. Add brown sugar mixture to flour mixture and stirring until just moist. Fold in carrot mixture and raisins. Batter will be quite thick. Spoon into muffin pans coated with cooking spray.
4. Bake for 18 to 20 minutes or until a wooden pick inserted in center of a muffin comes out clean. Allow to cool and dust with powdered sugar, if desired.