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“Raisin Carrot Breakfast Muffins”

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Great taste and muffins are a great grab-and-go breakfast idea. This recipe is an easy way to make the new 2005 Dietary Guidelines practical. * Each muffin is 1.5-2 ounces. Makes 12 muffins.

Ingredients:

2 cups flour (whole grain)*
1 teaspoon pumpkin pie spice
1/2 teaspoon salt
2 teaspoons baking powder
1/2 cup packed brown sugar
1 egg
1 cup shredded carrots
1 cup raisins
1 cup milk
1/4 cup melted butter

Method:

Preheat oven to 400⁰ F

Combine flour spice, salt, baking powder and sugar; stir to mix.

Beat egg with a fork, stir in carrots, raisins, milk and melted butter. Add to dry ingredients and stir just until blended. Batter will appear lumpy. Fill greased muffin tin or a paper lined muffin tin 2/3 full with batter. Bake for 15-20 minutes or until toothpick inserted in center comes out clean.

Serve warm with low-fat or fat-free cream cheese. Also great to make ahead and grab with a bottle of milk for breakfast on the run.

*** NOTES**

Read labels: look for “whole grain” flour rather than flour or enriched flour. The 2005 Dietary Guidelines encourages whole grains as well as foods made from whole grains. “Consuming at least 3 or more ounce-equivalents of whole grains per day can reduce the risk of several chronic diseases and may help with weight maintenance.” For more detailed information on the 2005 Dietary Guidelines see <http://www.healthierus.gov/dietaryguidelines>