

Carrot-Pineapple Muffins

Ingredients:

- 1 cup whole-wheat flour
- 1 cup unprocessed wheat bran
- 1/2 cup sugar
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 6 ounces fat-free plain yogurt
- 2 tablespoons canola or corn oil
- 1 large egg white
- 1 teaspoon vanilla extract
- 1 8-ounce can crushed pineapple (packed in its own juice, undrained)
- 1 medium carrot, shredded

Directions:

1. Preheat the oven to 400°F. Line a 12-cup muffin pan with paper bake cups. Set aside.
2. In a large bowl, stir together flour, wheat bran, sugar, baking soda, cinnamon, baking powder, and salt. Make a well in the center.
3. In a medium bowl, whisk together yogurt, oil, egg white, and vanilla until well blended. Stir in the pineapple with liquid and the carrot. Pour into the well in the flour mixture, stirring until the mixture is just moistened but no flour is visible. Don't over-mix; the batter should be lumpy.
4. Spoon enough batter into the bake cups to fill each about 3/4 full.
5. Bake for 18–20 minutes, or until a wooden toothpick inserted in the center comes out clean.
6. Serve warm or at room temperature.

Nutrition Facts

Serving Size 1 Muffin (67g)
Servings Per Container 12

Amount Per Serving

Calories 110 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 4g

Vitamin A 25% • Vitamin C 4%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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