



Raisin Carrot Muffins

INGREDIENTS

1/2 cup raisins

1/2 cup warm water

1 cup all-purpose flour

3/4 cup whole wheat flour

1 tsp. baking soda

1/2 tsp. salt

1 tsp. cinnamon

1/2 tsp. nutmeg

1 large egg

1/2 cup sugar

1/4 cup vegetable oil

1/8 tsp. vanilla

1/8 tsp. lemon extract

1 cup applesauce

3/4 cup grated carrots

DIRECTIONS

- Grease 12 muffin cups. In a small bowl combine the raisins with the warm water. Set aside to soak.

- In a large bowl combine the flours, baking soda, salt, and spices. In a separate bowl beat the egg and sugar with an electric mixer or large whisk until fluffy. Beat in the oil, vanilla, and lemon extract. Stir in the applesauce.
 - Stir the applesauce mixture into the flour mixture until just blended. Fold in the carrots, raisins, and water. Spoon the batter into the prepared muffin cups, filling 3/4 full.
 - Bake in a 400 degree oven for 15 to 18 minutes, until lightly browned and a toothpick inserted in the center of a muffin comes out clean.
 - Makes 12 muffins.
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