

Harvest Muffins

Source : Monique's

Type : Muffins

Origin :

Category : Breakfast

Quantity	Measure	Item
		Makes 2 doz.
1&14	Lb.	Grated zucchini
1	Lb.	Grated carrots
1&1/4	Lb.	Sugar
5		Whole large eggs
1/3	C	Canola oil
1	C	Apple sauce
1	Lb.	Unbleached All Purpose flour
1/2	Lb.	Whole wheat flour
3	TB.	Baking powder
2	Tsp.	Baking soda
1/2	Tsp.	Nutmeg
1/2	Tsp.	Salt

Instructions : Mix all the wet ingredients: vegetables, eggs, oil and applesauce well together
Mix all dry ingredients together: sugar, flour, baking powder, baking soda, nutmeg and salt - blend well

Fold the dry ingredients into the wet ingredients DO NOT OVERMIX!

Scoop into lined muffin pans 2/3 of the way up
Bake at 350 for 35 to 45 minutes

They freeze well!

* you may add cinnamon and also grated apple can replace with some of the zucchini!

Staging :	Qty.	Period	Description
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