

Power Packed Fruit and Veggie Muffins

SERVES 24 (48 MUFFINS)

ingredients

- 1 cup - Whole Wheat Flour
- 1 cup - All-Purpose Flour
- 1 tsp - Baking Soda
- ½ tsp - Salt
- ¼ tsp - Nutmeg
- ½ tsp - Cinnamon
- ½ cup - Sugar
- 4 TBSP - Butter
- 2 Large - Eggs
- 1 tsp - Vanilla Extract
- ½ cup - Broccoli, florets
- 1 small - Zucchini
- 1 ½ medium - Carrot
- ½ medium - Apple
- 1 medium - Banana
- 2 TBSP - Apple Juice
- ¼ cup - Unsweetened Applesauce
- ¼ cup - Nonfat Plain Yogurt

directions

- Preheat oven to 350 degrees F
- In a medium size bowl, mix together flours, baking soda, salt, nutmeg, and cinnamon. Set aside
- Soften butter
- In a mixer or another bowl, mix the sugar, butter, eggs and vanilla. Beat well
- In a food processor, combine steamed broccoli, zucchini, apple, banana, apple juice, and apple sauce. Pulse until thoroughly mixed
- Shred carrots. If you don't want the shred's in your muffin, combine your carrots with the rest of the fruits and veggies in the food processor
- Combine the fruit and veggie puree, carrots (unless you already added them with the puree), and yogurt, into the wet ingredient mixture (sugar/butter/eggs) and beat until mixed
- Finally, add the dry ingredients and mix just until combined and wet
- Spray muffin tin with cooking spray
- Scoop the mixture into a prepared muffin pan. Fill each spot about ¾ of the way full
- For mini muffins: Bake in a 350 oven for 15-20 minutes
- For regular size muffins: Baker in a 275 degree oven for about 20-25 minutes
- Bake until the tops are slightly brown, and a toothpick comes out clean or they bounce back when you touch them with your finger.

NUTRITION FACTS:

1 Serving = 2 Mini Muffins

Calories: 69 | Total Fat: 2g | Total Carbohydrate: 9g | Protein: 1g