

**BANANA CARROT NUT MUFFINS** Contributed by Marci 1/1/03

**INGREDIENTS:**

- 2 CUPS - FLOUR
- 1 TEASPOON - BAKING SODA
- 1/2 TEASPOON - SALT
- 1/2 TEASPOON - CINNAMON
- 1 CUP - MASHED RIPE BANANAS
- 1 CUP - SUGAR
- 3/4 CUP - VEGETABLE OIL (Canola is healthy)
- 2 - EGGS
- 1 CUP - FINELY GRATED PARED CARROTS
- 1/2 CUP - CHOPPED PECANS

**INSTRUCTIONS:**

IN MEDIUM SIZE MIXING BOWL, STIR TOGETHER FLOUR, BAKING SODA, SALT AND CINNAMON; SET ASIDE.  
COMBINE BANANAS, SUGAR, OIL, AND EGGS. BEAT WITH MIXER AT MEDIUM SPEED 2 MINUTES.  
STIR IN DRY INGREDIENTS.  
FOLD IN CARROTS AND PECANS.  
SPREAD IN PAPER LINED MUFFIN PANS  
BAKE IN 350 F PRE-HEATED OVEN FOR 20 MINUTES OR TILL TESTER COMES OUT CLEAN.

YIELD: 2 DOZEN MUFFINS

**NOTES:** \_\_\_\_\_  
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