

Sweet Carrot Bread or Muffins

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 cup carrots, peeled and sliced (1- 2 medium carrots)
- 2 cups baking mix (biscuit or pancake-type mix)
- 2/3 cup brown sugar
- 1 medium or large egg
- 1 cup nonfat milk (or powdered milk mixed with water to make 1 cup)
- 1 teaspoon cinnamon
- Optional: 3/4 cup raisins, other dried fruit, nuts, or trail mix

Directions:

1. Preheat oven to 350 degrees F.
2. Cook carrot slices in small saucepan with 1/2 cup water, covered, until very soft. Drain water. Mash carrots well with a fork, or puree until smooth.
3. Mix ingredients together in large bowl.
4. Scoop batter into oiled muffin tins (or use paper muffin liners) - fill about 2/3 full. You can also scoop batter into an oiled, floured 9 x 5 loaf pan
5. Bake muffins for 18-20 minutes, or bread for 50 minutes, until knife or toothpick inserted in center comes out clean.

Bright Ideas: Good with a piece of fruit for breakfast or a snack.

Notes:

Nutrition Facts			
Serving Size 1 slice (57g)			
Servings Per Container 16			
Amount Per Serving			
Calories 120	Calories from Fat 5		
% Daily Value*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 15mg	5%		
Sodium 170mg	7%		
Total Carbohydrate 26g	9%		
Dietary Fiber 1g	4%		
Sugars 15g			
Protein 3g			
Vitamin A 30%	• Vitamin C 0%		
Calcium 10%	• Iron 4%		
*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

16 servings

Source: Anne Hoisington, OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>