Cooking with Miss Brenda

Carrot Cake Muffins (Vegan)

Ingredients

1¼ cup	white whole wheat flour
1 tsp.	baking powder
½ tsp.	baking soda
1 tsp.	salt
1 tsp.	cinnamon
1 cup	quick-cooking oats-uncooked
½ cup	applesauce
½ cup	brown sugar
½ cup	maple syrup
1 cup	carrots-shredded raw
½ cup	raisins
1 tsp.	vanilla
½ cup	crushed pineapple
½ cup	walnuts-chopped
1 cup	Grape Nuts
1 cup	water-very hot

Directions

Preheat oven to 400 ° F. Spray 12 standard muffin-pan cups with non-stick cooking spray, or line cups with fluted paper liners. In a small mixing bowl, combine bran buds and cover with boiling water. Let set until all water is absorbed. Set aside. In a large mixing bowl, whisk together all dry ingredients. Set aside. In medium bowl, combine all other ingredients, including moistened bran buds. Add flour mixture and stir just until flour is moistened. Batter will be lumpy. Spoon batter evenly into muffin tins. Bake 20-25 minutes or until toothpick inserted into center of muffin comes out clean. Immediately remove muffins from pan. Serve warm, or cool on wire rack to serve later.

**These muffins are very moist and you will almost think you are eating carrot cake! I especially like them warm right out of the oven. For variety try changing types of nuts or dried fruit. Dried apricots and pecans are

Yield: 12 muffins