

Carrot Raisin Muffins

Serving Size 1 muffin

Servings 12

Prep Time 10

Cook Time 25 min



Nutrition Information

Calories	178.9
Fat	3.7 g
Saturated fat	0.7 g
Polyunsaturated fat	0.8 g
Monounsaturated fat	2.1 g
Cholesterol	13.7 mg
Sodium	197.6 mg
Carbs	37.2 g
Fiber	2.4 g
Protein	3.6 g

Health Benefit

[Low Fat](#)

Ingredients

- 1 1/4 cup [flour](#)
- 1/2 cup [brown sugar](#)
- 1/2 teaspoon [baking soda](#)
- 1/2 teaspoon [baking powder](#)
- 1/2 teaspoon [nutmeg](#)
- 1 tablespoon [flaxseed](#)
- 1/2 teaspoon [salt](#)
- 1 cup [quick-cooking oats \(don't use instant\)](#)
- 1/2 cup [raisins](#)
- 2 tablespoon [olive oil](#)
- 1 [egg](#)
- 1/3 cup [non-fat milk](#)
- 4 [carrots, peeled and shredded](#)
- 1 [bananas, mashed](#)

Directions

1. Preheat oven to 400 degrees. Spray a muffin pan with nonstick cooking spray or use muffin liners.
2. In a bowl, combine flour through salt and whisk together.
3. Add the remaining ingredients (oats through banana) and stir until there are no more lumps.
4. Fill muffin tin. Bake about 20 to 25 minutes until cooked through.

Paige Greenfield