



early childhood community development centre

Maple Carrot Muffin

Ingredients - Makes 12 Muffins

- ¼ cup non-hydrogenated margarine
- 1 egg
- ¾ cup maple syrup
- 1 cup milk
- 1 cup grated carrots
- 1 cup rolled oats
- 1-1/4 cups flour
- 1 Tablespoon baking powder
- ½ teaspoon allspice
- ½ teaspoon salt

Directions

1. Beat butter, egg and syrup. Add milk, carrots and oats; blend well.
2. Sift flour, baking powder, salt and allspice.
3. Combine the two mixtures.
4. Fill muffin cups ¾ full with batter.
5. Bake at 400 degrees F for 20-30 minutes.

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