

Carrot Cake Muffins *by* [Stacey Antine, MS RD](#) and HealthBarn USA

Servings: 10 (1 Muffin Per Serving)

This grab-and-go muffin makes it easy to eat the right amount of food, plus it's the ultimate breakfast or snack for cancer prevention. It's loaded with whole wheat flour that contains insoluble fiber; flax seeds that are high in omega-three fatty acids which help reduce inflammation; and carrots rich in antioxidants to boost the immune system.

Ingredients

Olive oil spray (or canola oil spray)

1-1/2 cups carrots, grated

1 cup whole wheat flour

1 cup all purpose flour

¼ cup ground flax seeds

1 teaspoon baking powder

½ teaspoon baking soda

½ cup brown sugar

1 tablespoon cinnamon

¼ teaspoon sea salt

1 egg

¾ cup calcium fortified 100% pure orange juice

½ cup unsweetened applesauce

½ cup coconut, grated

Directions

1. Preheat oven to 350°F; spray muffin pan with cooking oil spray.
2. Shred carrots and set aside.
3. Combine flour, flax, baking powder, baking soda, brown sugar, cinnamon, and sea salt in a bowl, and mix.
4. Add egg, orange juice, and applesauce to the bowl, and mix thoroughly.
5. Fold in carrots and coconut until blended.
6. Spoon mixture into muffin tins, filling until ¾ full.
7. Bake for approximately 20 minutes, or until browned.
8. Cool, and enjoy!

Nutrition facts: Serving Size – 1 muffin; Calories 160

Total Fat 4.5g Saturated Fat 2.5g *Trans* Fat 0g Cholesterol 25mg Sodium 170mg Total Carbohydrate 26g Dietary Fiber 4g Sugars 4g Protein 5g