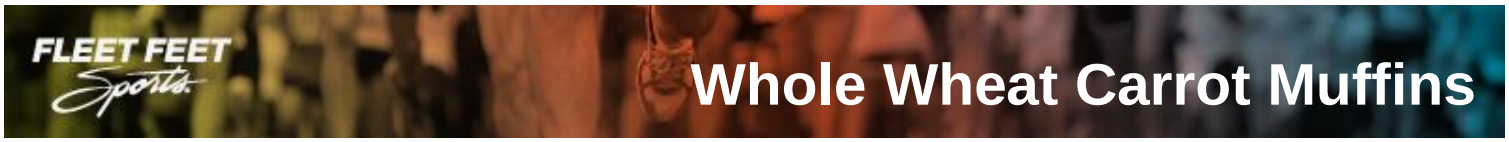

Whole Wheat Carrot Muffins

Ingredients:

1 c. whole wheat pastry flour
1/2 t. ground cinnamon
1/4 t. salt
1 t. baking soda
3 T. butter, melted and cooled
1/2 c. maple syrup
1 egg beaten
1 t. vanilla extract
1 c. carrot, finely grated
1/2 c. currants
Cooking spray

Instructions:

1. Preheat oven to 350° and coat a muffin pan with nonstick cooking spray.

2. Combine flour, cinnamon, salt and baking soda in a mixing bowl and whisk until combined.

3. In a large mixing bowl, stir together the butter, maple syrup, egg and vanilla.

4. Add the flour mixture to the wet ingredients and stir together until just barely combined.

5. Add carrots and currants and stir gently until just distributed.

6. Fill each muffin cup about 3/4 full. Bake for 10-12 minutes or until a toothpick inserted in the centerof a muffin comes out clean.

7. Let cool and enjoy!!