

## **Carrot-Pineapple Muffins** (Working in pairs or triples, makes 6 muffins)

### **Dry Ingredients:**

3/4 cup flour  
1/3 cup white sugar  
1/2 tsp baking soda  
1/2 tsp baking powder  
1/4 tsp salt  
1/2 tsp cinnamon  
OPTIONAL: 1/3 cups raisins

### **Wet Ingredients:**

1 egg, slightly beaten  
1/2 cup finely grated raw carrot  
1/4 cup crushed pineapple with juice  
1/4 cup vegetable oil  
1/2 tsp vanilla

### **Directions:**

1. Check that oven racks are in the centre of the oven. Preheat oven to 350 degrees F. Grease six muffin tins or line with paper liners.
2. In a medium mixing bowl, mix together all of the **DRY** ingredients with a fork. Make a well in the center.
3. Peel and grate carrot with the fine grater onto the cutting board. Measure 1/2 cup exactly into the dry measure.
4. In a small mixing bowl, beat egg with a whisk; add remaining **WET** ingredients to small bowl.
5. Add the wet ingredients all at once to the dry and mix quickly with a **FORK**. Stop mixing when the batter is still rough.
6. Use two spoons to fill muffin tins 3/4 full (make sure to divide batter evenly). Place in oven for 20-22 minutes, until toothpick comes out clean. If pan was greased (no liners used) you must let muffins stand on a cooling rack for 5 minutes before removing with a butter knife.

**Rinse mixing bowl before doing dishes.  
Lots of time to wash up while baking.**

7. Place muffins on cooling rack and finish clean-up. Once cooled place in plastic wrap.