



Carrot-Zucchini-Apple Muffins

Ingredients:

- 2 c. shredded Carrots
- 1 c. shredded Zucchini
- 1 c. chopped, peeled Granny Smith Apple
- 2 tsp. Orange Zest
- 2 c. All-Purpose Flour
- 1 ¼ c. Sugar
- 1 Tbsp. Cinnamon
- 2 tsp. Baking Soda
- ½ tsp. Salt
- 3 Eggs
- ¾ c. Vegetable Oil
- 1 tsp. Vanilla

Directions:

- In large bowl, toss together Carrots, Zucchini, Apple pieces, and Orange Zest.
- In medium bowl, combine Flour, Sugar, Cinnamon, Baking Soda, and Salt.
- In small bowl, whisk Eggs, Oil, and Vanilla until very well incorporated.
- Pour Egg mixture into bowl with dry ingredients. Mix with a spoon just until ingredients are incorporated. This will be a very thick batter. Try to not over-mix or muffins will turn out flat.
- Place thick batter into large bowl holding the tossed vegetables and fruit. Fold together until everything is evenly incorporated (try not to mix too much!).
- Fill greased muffin cups $\frac{3}{4}$ of the way.
- Bake at 375° for 20-22 minutes or until inserted toothpick comes out clean.