

Snack of the Day: ABC Muffins

Ingredients:

- ★ 2 eggs
- ★ 1 TSP vanilla
- ★ 1 medium apple-peeled & diced
- ★ 3^{1/2} TBSP butter
- ★ 1 medium carrot
- ★ 1^{1/4} cup flour
- ★ 1 small banana
- ★ 1.5 TSP baking powder



Steps

1. Gather all ingredients
2. Preheat oven to 350
3. Peel & grate carrot-add apple and carrot in a pot with a little water. Add a lid and simmer until apples are soft (5-6 minutes)
4. Mash banana in a large bowl with a fork
5. Add eggs, vanilla and butter to banana
6. Puree the apple and carrot then add to other wet ingredients
7. Beat the wet ingredients then add the flour and baking powder
8. Beat all ingredients together for another 30-60 seconds
9. Pour into greased muffin tins
10. Bake for 15 minutes
11. ENJOY!