



Healthy Nut Butter Muffins

Recipe Yield 18 muffins

Ingredients

- 1 1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1 1/4 cups white sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups grated carrots
- 1 apple - peeled, cored, and chopped
- 1 cup raisins
- 1 egg
- 2 egg whites
- 1/2 cup apple butter
- 1/4 cup vegetable oil
- 1 tablespoon vanilla extract
- 2 tablespoons chopped walnuts
- 2 tablespoons toasted wheat germ
- 1 cup of your favorite fresh nut butter blend

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly oil 18 muffin cups, or coat with nonstick cooking spray.

In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla. When mixture is complete stir in the fresh nut butter blend.

In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.

In a small bowl, combine walnuts (or other nut) and wheat germ; sprinkle over the muffin tops.

Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.