



# CARROT RAISIN MUFFINS

**PREP TIME:** 10 minutes

**SERVING SIZE:** 1 muffin

**COOK TIME:** 20 minutes

**SERVES:** 12

## INGREDIENTS

- 2 ¼ cups of farina hot wheat cereal (such as Cream of Wheat)
- ¼ cup Splenda® Brown Sugar Blend (or ½ cup brown sugar)\*
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- 2 large eggs
- 1 cup skim milk
- ¼ cup plain nonfat Greek yogurt
- 2 carrots grated (about 1 cup)
- ½ cup raisins
- ½ cup chopped walnuts



\*Nutrition Facts based on recipe using Splenda® Brown Sugar Blend

## PREPARATION

- Preheat oven to 400°F. Lightly oil a 12-cup standard muffin tin, or use paper liners.
- Combine cream of wheat, brown sugar, baking powder, cinnamon, salt and nutmeg in a large bowl. Stir in eggs, milk and yogurt until moistened. Fold in carrots, raisins and walnuts.
- Evenly spoon batter into muffin pan and bake for 20 minutes or until fully cooked.

## SOURCE

<http://www.creamofwheat.com/recipes/index.php?recipe=Carrot+Raisin+Muffins>  
Recipe modified by CHOICES Nutrition Education Program

## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 muffin (95g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 237mg	<b>20%</b>
Iron 15mg	<b>80%</b>
Potassium 318mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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# MUFFINS DE ZANAHORIA Y PASAS

**TIEMPO DE PREPARACIÓN:** 10 minutos

**TAMAÑO DE PORCIÓN:** 1 muffin

**TIEMPO PARA COCINAR:** 20 minutos

**PORCIONES:** 12

## INGREDIENTES

- 2 ¼ taza de cereal farina de trigo (como Crema de Trigo)
- ¼ taza de Splenda® Brown Sugar blend\*
- 1 cucharada de levadura en polvo
- 1 cucharadita de canela molida
- ½ cucharadita de sal
- ¼ cucharadita de nuez moscada molida
- 2 huevos grandes
- 1 taza de leche descremada
- ¼ de taza de yogur griego sin grasa
- 2 zanahorias ralladas (alrededor de 1 taza)
- ½ taza de pasas
- ½ taza de nueces picadas

\* Información nutricional basada en la receta usando Splenda® Brown Sugar Blend

## PREPARACIÓN

1. Precaliente el horno a 400°F. Ligeramente ponga un poco de aceite a un molde de molletes de 12 tazas o, use forros de papel.
2. En un tazón grande combine cereal farina, Splenda, polvo de hornear, canela, sal y nuez moscada. Agregue los huevos, la leche y el yogur hasta que estén humedecidos. Agregue zanahorias, pasas y nueces.
3. Vierta igualmente la masa en el molde de molletes y hornee durante 20 minutos o hasta que esté completamente cocida.

## FUENTE

<http://www.creamofwheat.com/recipes/index.php?recipe=Carrot+Raisin+Muffins>  
Receta modificada por CHOICES Programa Educativo de Nutrición



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