

Low Fat Carrot Muffins

- 1 ½ cup whole wheat flour
- 1 cup brown sugar
- 1 ½ tsp baking powder
- 1 tsp cinnamon
- ½ tsp ginger
- ⅔ cup applesauce
- 1 egg
- 1 egg white
- 1 ½ tsp vanilla
- 1 ½ cups shredded carrots

Preheat oven to 350.

Combine all dry ingredients in a bowl.

With mixer, beat remaining ingredients.

Add to dry ingredients and mix well.

Spray muffin tin with nonfat spray and fill twelve cups with batter.

Bake for 20 -25 minutes.