



Recipe for: Christmas Carrot Muffins



Ingredients:

- 3/4 cup of old-fashioned oats
- 1/3 cup of molasses
- 1/2 cup of water
- 3/4 cup of flour
- 3/4 cup of bran
- 1/2 cup of brown sugar
- 1 apple
- 2 carrots

Directions:

- 1) Preheat the oven to 400 °(F) and grease muffin tins.
- 2) Shred the apple and carrots into fine pieces.
- 3) Combine all ingredients in a large bowl and mix thoroughly.
- 4) Scoop the mixed ingredients into the muffin tins and bake for 35-40 minutes.

From the kitchen of

