

I'm sitting here....

Low Sodium Carrot Raisin Muffins

1 1/2 cups flour
1 cup bran flakes
1 1/2 tsp. low sodium baking powder
1/2 tsp cinnamon
3 ounces carrot
1/2 cup brown sugar
3 strips orange zest
3/4 cup fat free milk
1/4 cup vegetable oil
1 egg
1/2 raisins

Line muffin cups

In small bowl combine flour, bran flakes, low sodium baking powder & cinnamon. Reserve.

Shred carrots. Reserve

In food processor combine orange zest and brown sugar. Process.

Add milk, egg, and oil. Process 10 seconds.

Add raisins, carrots and dry ingredients. Pulse 5 times
Bake 375 for 20-25 minutes.



....thinking of you