

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

24 MUFFINS

ANYTIME MUFFINS

Nutrient Analysis

PER SERVING: 1 Muffin

RENAL EXCHANGE: 1 Starch + 1 Fat

Calories	149 Kcal	Sodium	93 mg
Protein	2 g	Potassium	69 mg
Total Carbohydrate	19 g	Phosphorus	32 mg
Fiber	1 g	Calcium	11 mg
Sugars	9 g	Iron	2 mg
Fat	7 g	Magnesium	6 mg
Saturated	1 g	Vitamin C	4 mg
Cholesterol	24 mg		

Diet Types

- | | |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |



ANYTIME MUFFINS

INGREDIENTS

1 ¼ cups carrots, finely grated

1 ½ cups apples, peeled and grated
(3 medium apples)

¾ cup fresh or frozen cranberries
(or ½ cup dried)

¾ cup pineapple tidbits (no juice)

1 ½ teaspoons baking soda

3 tablespoons sour cream

2 ¼ cups all-purpose flour

1 teaspoon cinnamon

¼ teaspoon nutmeg



3 eggs

¾ cup granulated white sugar

1 teaspoon vanilla

⅓ cup vegetable oil

PREPARATION

- 1 Preheat oven to 375°F (conventional oven) or 350°F (convection).
- 2 In a food processor or with a grater, shred carrots and apples. Mix in a large bowl with cranberries and pineapple, set aside.
- 3 In a small cup mix the baking soda into the sour cream.
- 4 Prepare flour mixture: sift flour with spices into the bowl with grated mixture and stir.
- 5 Prepare egg mixture: in a medium bowl beat eggs with sugar and vanilla, add oil and whisk together for 1 minute. Add baking soda and sour cream mixture and blend well.
- 6 Pour egg mixture into flour mixture and stir until just combined. DO NOT OVER STIR.
- 7 Spoon batter into greased or lined standard muffin tins (about ⅓ cup), filling to the top.
- 8 Bake for 20–25 minutes.

SUGGESTION

- ✓ *Great for breakfast and as a snack on the go!*
- ✓ *Wrap muffins individually after they have cooled off and put them in the freezer.*

Presented by

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