Empire State Muffins

My daughter copied this recipe years ago, and I had it in my "to try" list for longer than I care to mention. But the other day I needed to bring muffins to a breakfast meeting and thought I would try it. With so many cups of fresh fruits / vegetables, I thought they would turn out heavy or soggy, but to my surprise, they are absolutely delicious! I used frozen cranberries, and partially chopped them in a food processor, then used a greater attachment to shred the carrots and apples. These are so much healthier than anything you can buy ready-made, and the taste is superb.

Let us know if you try out this recipe and let us know what you think!

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Recipe from: Nancy Rogers, Coordinator for Employee Wellness and Health Promotion

Empire State Muffins
Serves: 18-21 Muffins
Cook time: 20-25 minutes
Ready in 30-45 minutes

Ingredients
- 2 cups shredded unpeeled apples
- 1 cup chopped cranberries
- 1 cup shredded carrots
- 1 cup chopped pecans or walnuts
- 1 ¼ cups sugar
- 2 teaspoons ground cinnamon
- 2 cups white flour
- ½ cup whole wheat flour
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- ½ teaspoon salt
- 2 eggs, lightly beaten
- ½ cup vegetable oil

Directions
1. In a large mixing bowl, combine apples and sugar.
2. Gently fold into cranberries, carrots and nuts.
3. Combine dry ingredients together, then add to the mixing bowl and stir to moisten.
4. Break eggs into a bowl and beat with a fork, then add oil and stir.
5. Add this to the apple mixture
6. In greased (or use cupcake liners) muffin tins, fill each 2/3 full with batter.
8. Let cool for 5 minutes before removing them from the tins.