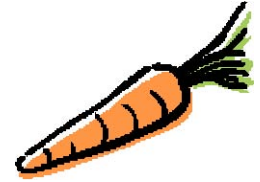




# Pineapple-Carrot Muffins



## Ingredients:

- 1 cup low protein baking mix
- 3 tablespoons sugar
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 3 tablespoons canola oil
- 1 tablespoon water
- ½ cup (140 grams) undrained crushed pineapple
- 1/3 cup grated carrots

1. Preheat oven to 400° F.
2. In a medium mixing bowl, stir together low protein baking mix, sugar, baking powder, baking soda, cinnamon, and salt.
3. In a liquid measuring cup, mix together oil, water, pineapple, and carrots.
4. Add to dry ingredients all at once, and mix by hand, 20 to 30 seconds until smooth (do not use an electric mixer).
5. Spoon batter into a greased muffin pan (they will tend to stick to cupcake liners).
6. Bake for 15 to 18 minutes.

Recipe yields: 6 large muffins or 12 mini-muffins

	<u>Phe</u>	<u>Protein</u>	<u>Energy</u>
Per recipe:	30 mg	1.4 gm	1061 kcal
Per large muffin:	5 mg	0.2 gm	177 kcal
Per mini-muffin:	2.5 mg	0.1 gm	88 kcal



Cristine M. Trahms Program for Phenylketonuria  
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015  
<http://depts.washington.edu/pku>