

# Power Packed Fruit and Veggie Muffin Recipe

Serves: 36 Mini-muffins or 20-24 regular-size muffin

Cook Time: 15 min



## Ingredients

- 1 cup – flour, whole wheat
- 1 cup – flour, all-purpose
- 1 teaspoon – baking soda
- $\frac{1}{2}$  teaspoon – salt
- $\frac{1}{4}$  teaspoon – nutmeg
- $\frac{1}{2}$  teaspoon – cinnamon
- $\frac{1}{2}$  cup – sugar
- 4 tablespoon – butter, unsalted
- 2 large – egg
- 1 teaspoon – vanilla extract
- $\frac{1}{2}$  cup – broccoli, florets
- 1 small – zucchini
- 1  $\frac{1}{2}$  medium – carrot
- $\frac{1}{2}$  medium – apple
- 1 medium – banana
- 2 tablespoon – apple juice
- $\frac{1}{4}$  cup – applesauce, unsweetened
- $\frac{1}{4}$  cup – yogurt, plain

## Directions

1. Preheat oven to 350 degrees F.
2. In a medium size bowl, mix together flours, baking soda, salt, nutmeg, and cinnamon. Set aside.
3. Soften butter.
4. In a mixer or another bowl, mix the sugar, butter, eggs and vanilla. Beat well.
5. In a food processor, combine steamed broccoli, zucchini, apple, banana, apple juice, and applesauce. Pulse until thoroughly mixed.
6. Shred carrots. If you don't want the shreds in your muffin, combine your carrots with the rest of the fruits and veggies in the food processor.
7. Combine the fruit and veggie puree, carrots (unless you already added them with the puree), and yogurt, into the wet ingredient mixture (sugar/butter/eggs) and beat until mixed.
8. Finally, add the dry ingredients and mix just until combined and wet.
9. Spray muffin tin with cooking spray.
10. Scoop the mixture into a prepared muffin pan. Fill each spot about  $\frac{3}{4}$  of the way full.
11. For mini muffins: Bake in a 350 oven for 15-20 minutes for mini-muffins
12. For regular size muffins: Bake in a 375 degree oven for about 20-25 minutes.

13. Bake until the tops are slightly brown and a toothpick comes out clean or they bounce back when you touch them with your finger.

These freeze great! Put them in a freezer-safe bag and freeze for up to 3 months. Yields 36 Mini-muffins or 20-24 regular-size muffin

<b>NUTRITION FACTS</b>
Nutrition Per Serving
Calories: 57
Fat: 1g
Carb: 9g
Fiber: 0g
Protein: 1g
Sugar: 4g

*Recipe by: <https://www.superhealthykids.com/>*