

## TXIV PUAV LUJ THIAB ZAUB NTUG HAUV PAUS (CARROT) NCUAV QAB ZIB (CUPCAKES)



### UA TAU 12 LUB.

#### COV KHOOM SIV:

- 1 tug zaub ntug hauv paus
- 1 khob kas poom txiv puav luj nrog kua
- 5 diav (tablespoons ) roj
- ¼ khob dej txias
- 1 Table white distilled vinegar
- 1 tsp vanilla extract
- 1½ khob hmoov nplej (all-purpose flour)
- ¾ khob pem thaj dub (light brown sugar)
- 1 tsp hmoov baking soda
- 1 tsp ground cinnamon
- ½ tsp ground allspice
- ½ tsp ntsev
- Non-stick cooking spray

#### Seb puas nyiam (Optional):

- ½ khob txiv qab rog tsuav mos mos (walnuts)
- Siv ib nrab hmoov whole wheat thiab ib nrab hmoov all-purpose

#### KEV NPAJ UA:

1. Npiv qhov cub ci nqaij rau 350°F
2. Chais thiab ntxuav zaub ntug hauv paus. Hov zaub tug hauv paus thiab ntsuas ¾ khob thiab muab tso rau hauv ib lub tais.
3. Ces muab txiv puav luj nrog kua, roj, dej, vinegar thiab vanilla tso rau hauv lub tais. Muab diav rawg coj los do kom tov sib xyaws.
4. Muab ib lub tais tshiab coj los tov hmoov nplej, pem thaj dub, hmoov baking soda, cinnamon, allspice thiab ntsev. Muab siv tov kom nyeem du uake.
5. Ces muab cov khoom siv uas yog kua coj los tov nrog cov hmoov nplej, muab tov kom sib xyaws dos. Muab txiv qab rog los ntxiv rau yog tias siv txiv qab rog.
6. Muab cov non-stick cooking spray lossis butter los tsuag lossis pleev lub dab ci ncuav qab zib.
7. Muab hliv rau hauv cov khob ci ncuav qab zib. Ci li 20-25 nasthis lossis ci kom cov ncuav qab zib pib daj. Muab ib tug pas dig hniav los ntsij rau hauv plawv es thau los yog tias tsis muaj dabtsi lo ces nws siav lawm.

**Nutrition information per serving:** Calories 160, Carbohydrate 27 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg



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## Pineapple Carrot Cupcakes



### Makes 12 servings.

1 cupcake per serving.

#### INGREDIENTS

1 medium carrot  
1 cup canned crushed pineapple with juice  
5 Tablespoons vegetable oil  
¼ cup cold water  
1 Table white distilled vinegar  
1 tsp vanilla extract  
1½ cups all-purpose flour  
¾ cup light brown sugar, packed  
1 tsp baking soda  
1 tsp ground cinnamon  
½ tsp ground allspice  
½ tsp salt  
Non-stick cooking spray

#### Optional:

½ cup chopped walnuts  
Use half whole wheat flour and half all-purpose

#### PREPARATION

1. Preheat oven to 350°F
2. Peel and rinse carrot. Shred carrot and measure out ¾ cup. Add carrot to a medium mixing bowl.
3. Add pineapple with juice, oil, water, vinegar, and vanilla to carrot in bowl. Mix with a fork to combine.
4. Mix flour, brown sugar, baking soda, cinnamon, allspice and salt in a separate mixing bowl. Blend well with a fork to break up any lumps.
5. Add wet ingredients to dry and mix until just combined. Gently stir in walnuts if using.
6. Coat muffin pan with non-stick cooking spray or butter, or line with paper liners.
7. Fill each muffin cup ¾ full with batter. Bake muffins for 20-25 minutes on middle rack in oven, or until muffin tops are golden brown and a toothpick inserted comes out clean.

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