

Fit for Hockey Program

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**Carrot Pineapple Muffins**

**Ready in:** 35 minutes

**Serves:** Makes 12

**Prep time:** 15 minutes

**Bake time:** 20 minutes

**Summary**

Make a double batch, cool, wrap and freeze for snacks and lunch box.

**Ingredients**

2 cups (500 ml) buckwheat or amaranth flour

1/4 cup (50 mL) all-purpose flour

2 tsp (10 ml) baking powder

1 tsp (5 mL) each: baking soda and cinnamon

1/2 tsp (2 mL) nutmeg

1/4 tsp (1 mL) ground cloves

pinch sea salt

1 cup (250 mL) shredded carrots

3/4 cup (175 mL) fresh or frozen cranberries

3/4 cup (175 mL) safflower oil

1/2 cup (125 mL) each: drained crushed pineapple and soy milk (almond milk or rice milk)

1/4 cup (50 mL) maple syrup

1 egg

**Directions:**

Preheat oven to 375F. Prepare muffin tins.

In large bowl, combine flours, baking powder, baking soda, cinnamon, nutmeg, cloves and sea salt.

In medium bowl, combine carrots, cranberries, oil, pineapple, milk, maple syrup and egg. Add to dry ingredients and mix well. Pour batter into prepared muffin tins; bake for 20 minutes or until muffins are golden and slightly firm to the touch.

Source: [www.foodthought.com](http://www.foodthought.com)

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