CARROT PINEAPPLE MUFFINS   Yield: 10

INGREDIENTS:

310 mL flour (250+60)
185 mL sugar (125+60)
    3 mL baking powder
    2 mL baking soda
    5 mL cinnamon
    2 mL salt
100 mL vegetable oil
    1   egg, large
125 mL grated, raw carrot
125 mL crushed pineapple with juice
  25 mL lemon juice
    5 mL vanilla

METHOD:

1. Center oven racks. Preheat oven to 375ºF. Line your muffin tin with 10 liners.

2. In a **medium bowl**, sift together the flour, sugar, baking powder, baking soda, cinnamon and salt. Stir to blend.

3. Peel your carrot and grate on the small side of the grater till you have 125 ml. In a **small bowl** use a fork to beat together the egg, oil, pineapple, lemon juice, grated carrots and vanilla.

4. Make a "well" in the center of the dry ingredients. Add the liquid ingredients to the dry ingredients. Gently **fold** the wet and dry together using a rubber spatula until all the flour is moistened. DO NOT OVERMIX!

5. Use your **large metal spoon** and **rubber spatula** to portion out the muffin mixture into the prepared muffin tins. Fill each baking liner about 3/4 full.

6. Fill any empty muffin cups with a little water. Bake for 25 minutes until tops spring back when touched lightly and they are golden in color. (check muffins a few mins early)

7. Cool for a few minutes in the muffin pan and then transfer to cooling rack