

Best Ever Toddler Muffins

From momenvy.co

Adapted from Allrecipes.com at

<http://allrecipes.com/recipe/toddler-muffins/>

Ingredients:

- 1/4 cup butter, softened
- 1/4 cup applesauce
- 1/2 cup brown sugar, or to taste
- 2 large bananas, mashed
- 3/4 cup pumpkin puree
- 2 carrots, grated (about 10-12 baby carrots)
- 2 eggs, beaten
- 1 cup white wheat flour (all-purpose works well, too)
- 1/2 cup instant oats
- 1 teaspoon baking soda
- 1 teaspoon cinnamon (or pumpkin pie spice)
- 1/2 teaspoon salt



Directions:

1. Preheat an oven to 375 degrees F (190 degrees C). Grease 24 mini muffin cups or 12 standard muffin cups.
2. In a mixing bowl, cream together the butter, applesauce and brown sugar until smooth.
3. Mix in the mashed bananas, pumpkin, carrots, and eggs.
4. Stir in the flour, oats, baking soda, cinnamon, and salt until just combined.
5. Spoon the batter equally into the prepared muffin cups.
6. Bake in the preheated oven until a toothpick inserted into the center comes out clean, 15 to 20 minutes.
7. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.
8. Store at room temperature for up to two days, or freeze.