



(Adapted from "Greatest Hits, allrecipes Magazine")

Makes: 18 muffins

1	egg
2	egg whites
1/2 cup	apple butter
1/4 cup	vegetable oil
1 Tbsp	vanilla extract
1-1/2 cups	all-purpose flour
1/2 cup	whole wheat flour
1-1/4 cups	sugar
1 Tbsp	ground cinnamon
2 tsp	baking powder
1/2 tsp	baking soda
1/2 tsp	salt
2 cups	grated carrot (1/2 pound)
1	apple, peeled, cored and chopped
1 cup	raisins
2 Tbsp	finely chopped walnuts
2 Tbsp	toasted wheat germ

1. Preheat oven to 375°F. Lightly grease 18 muffins cups, or line with paper liners.
2. Whisk together egg, egg whites, apple butter, oil and vanilla in a bowl.
3. Mix together flours, sugar, cinnamon, baking powder, baking soda and salt in a large bowl. Stir in carrot, apple and raisins. Stir in apple butter mixture until just moistened. Spoon batter into prepared muffin cups, filling each about 3/4 full.
4. Mix together walnuts and wheat germ in a small bowl; sprinkle over muffin tops.
5. Bake until tops are golden and spring back when lightly pressed, 15-20 minutes.* Let cool about 5 minutes.

**Note: I found these muffins needed more time to bake.*