

Carrot-Zucchini-Beet-Banana Muffins

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1 1/2 ripe bananas, mashed well

1 small carrot, grated (about 1 cup)

1 small beet, grated (about 3/4 cup)

1 small zucchini, grated (about 1 cup)

1/3 cup canola oil (consider cutting to 1/4 cup if you prefer your muffins a little drier)

1/2 TB white vinegar

1 cup sugar

1 tsp vanilla

1 1/2 cup all-purpose flour (or a combo whole wheat pastry and a-p)

1/2 tsp baking soda

1/4 tsp baking powder

1/2 tsp salt

Preheat oven to 350 degrees. Line muffin tin with paper liners or spray with cooking spray and set aside.

In a large bowl, stir together the bananas, carrots, beets, zucchini, canola oil, vinegar, sugar and vanilla. Add in the dry ingredients and stir to combine. Fill muffin tins and bake. Mini-muffins will take 12-15 minutes; regular muffins will take 18-21 minutes.