

# SWEETS RECIPES



## Apple Carrot Date Muffins

2 cups all-purpose flour  
1 1/4 cups sugar  
2 tsp baking soda  
2 tsp cinnamon  
1/2 tsp salt  
1 1/2 cups shredded carrots

1 1/2 cups grated apple  
3/4 cup coconut  
1/2 cup dates (cut up)  
3 beaten eggs  
1 cup cooking oil  
1/2 tsp vanilla

Combine flour, sugar, baking soda, cinnamon, and salt.

Combine carrots, apples, coconut, and dates.

Mix with beaten eggs, oil, and vanilla.

Add to dry ingredients, stirring until moistened.

Grease muffin tins and fill about 3/4 full.

Bake at 375°F for 18 to 20 minutes.