

## Betty's Lunchbox Carrot Bran Cupcakes Recipe



Uploaded on Aug 9, 2009

1 cup self-rising flour  
1/2 cup brown sugar  
1/3 cup white sugar  
1 1/2 cups wheat bran flakes cereal, crushed (measure before crushing)  
1/2 cup raisins (golden or dark)  
1/3 cup pecans, chopped (You may substitute a different nut.)  
2 teaspoons ground cinnamon  
1 1/2 cups shredded fresh carrots  
1/2 cup vegetable oil  
1 egg, well beaten  
1/4 cup milk

In a large bowl, combine 1 cup flour, 1/2 cup brown sugar, 1/3 cup white sugar, 1 1/2 cups crushed wheat bran flake cereal, 1/2 cup raisins, 1/3 cup chopped pecans, and 2 teaspoons ground cinnamon, and set aside. In a separate bowl, combine 1 well-beaten egg, 1/2 cup vegetable oil, 1/4 cup milk, and 1 1/2 cups shredded carrots. Add the wet ingredients to the dry ingredients, stirring until batter is just moistened. Spoon batter into paper-lined muffin pans, filling 2/3-full. Bake at 350 degrees for 20 minutes. Cool for at least 20 minutes. These are excellent when served warm, but they will be a real treat when wrapped individually and placed in a lunchbox! Store these in a covered container. Refrigerate to keep them fresh longer. These are "back-to-school" treats that are loaded with nutrition, and are missing all those preservatives and extras that you don't want! They are great for dieters, as well, because they taste very rich, but the calories they contain are not "empty calories." Enjoy!!!