



# Carrot Pineapple Bread

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes—1 hour

**Cost per serving:** \$0.17

## What you need:

### Utensils:

- 2 loaf pans or 18 muffin cups or paper liners on muffin tin
- Large mixing bowl
- Medium mixing bowl
- Mixing spoon
- Measuring cups & spoons

### Ingredients:

- 1 teaspoon oil or cooking spray
- $\frac{3}{4}$  cup sugar
- $\frac{1}{3}$  cup unsweetened applesauce
- 3 eggs
- 1 cup carrot, grated
- 1 cup crushed pineapple, un-drained
- 2 teaspoons vanilla
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- $1\frac{1}{2}$  teaspoon ground cinnamon

### What to do:

1. Wash your hands and clean your cooking area
2. Clean the tops of canned food items before opening them.
3. Preheat oven to 325F.
4. Grease 2 loaf pans or about 18 muffin cups or use paper liners on muffin tin.
5. Combine sugar, applesauce, and eggs in a large mixing bowl.
6. Add carrot, pineapple and vanilla.
7. In a separate mixing bowl, mix flour, baking soda and cinnamon.
8. Add the flour mixture to the carrot mixture and mix well.
9. Pour into loaf pans or muffin cups and fill to about  $\frac{3}{4}$  full.
10. Bake loaves for 1 hour. Muffins for 20 minutes.
11. Cool and serve.



**BETTER LIVING  
FOR TEXANS**

## Deanne Garrett

Better Living for Texans  
Program Assistant

Texas A&M AgriLife Extension  
Fort Bend County

1402 Band Road, Suite 100  
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040  
Fax: (832) 471-2400

### WEBSITE:

<http://fortbend.agrilife.org>

### EMAIL:

[deanne.garrett@ag.tamu.edu](mailto:deanne.garrett@ag.tamu.edu)

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

## Nutrition Facts

Serving Size 1 muffin or 1/2 " slice  
Servings Per Container 18

Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 12g	
<b>Protein</b> 3g	
Vitamin A 20%	Vitamin C 2%
Calcium 2%	Iron 6%
Fat 9 • Carbohydrate	