

PRINCESS CAKES FOR OUR PICKY EATERS

Kathy Floyd for 4 Way to Yummy November 20, 2018



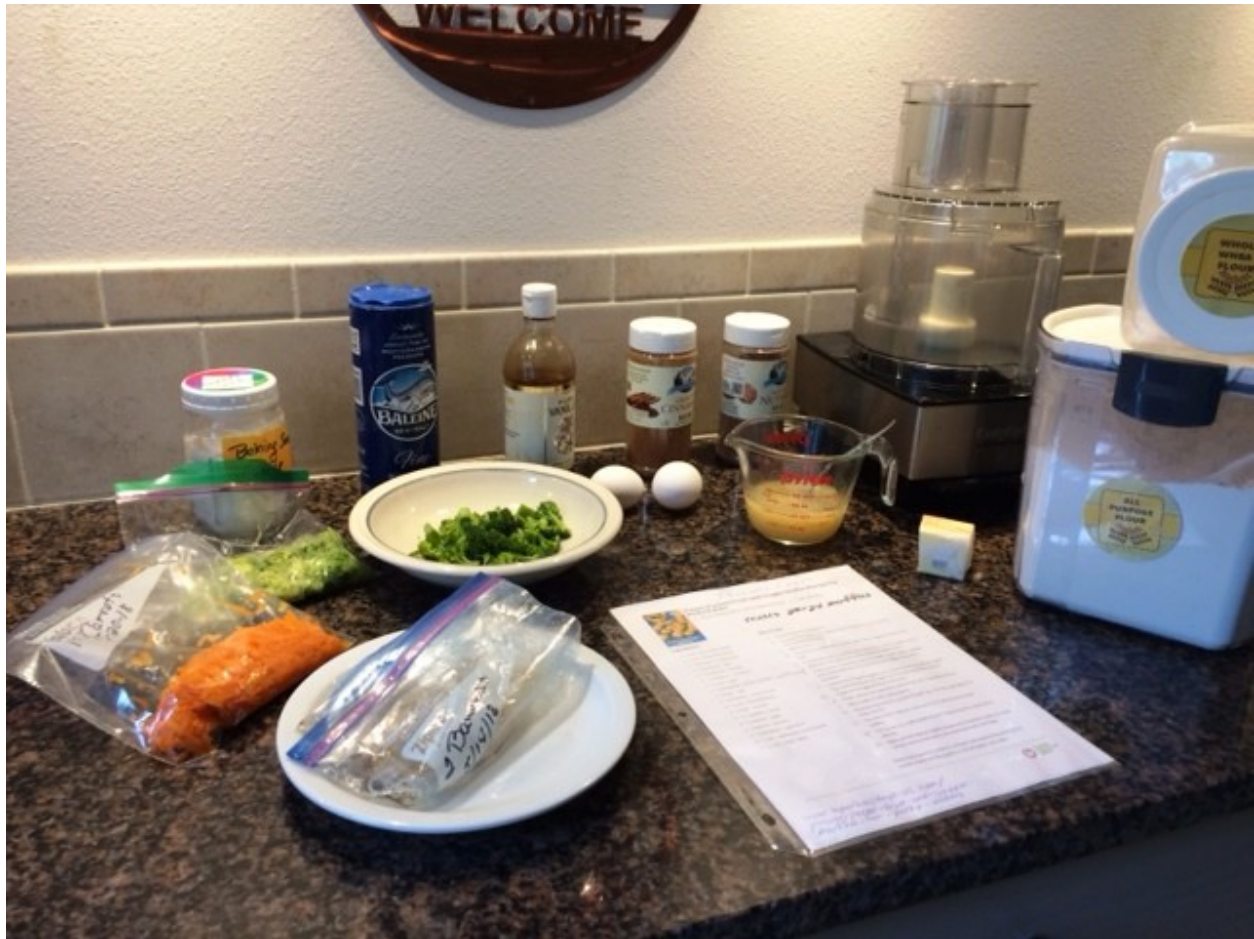
PRINCESS CAKES

Makes 20-24 muffins or 36 mini-muffins

From website: www.superhealthykids.com/power-packed-fruit-and-veggie-muffin-for-picky-eaters

- 1 Cup Whole Wheat Flour
- 1 Cup All-Purpose Flour
- 1 tsp baking power
- ½ tsp each salt and cinnamon
- ¼ tsp nutmeg
- ½ Cup sugar
- 4 Tbsp unsalted butter, softened
- 2 large eggs, room temperature
- 1 tsp vanilla extract
- ½ cup steamed broccoli florets (from Rosehip Farm in Coupeville)

- 1 small zucchini (I used 1 cup of shredded Full Cycle Farm Clinton from my freezer)
- 1 ½ medium carrot (From Rosehip Farm in Coupeville)
- ½ medium apple (from our Gravenstein tree)
- 1 medium banana
- 2 Tbsp of apple juice
- ¼ cup unsweetened applesauce (homemade Granny Smith from a neighbor)
- ¼ cup plain yogurt
- ½ cup golden raisins



Directions:

1. Preheat oven to 350 degrees F for mini-muffins or 375 degrees F for regular sized muffins.
2. In medium bowl, whisk together flours, baking soda, salt, nutmeg and cinnamon and set aside.
3. In mixer bowl, mix together sugar, butter, eggs and vanilla. Beat well.
(Note: I bring both the butter and eggs to room temperature before making)
4. Fill microwave safe dish with 1/8 to ¼ cup of water. Add the broccoli to the dish and cover. Cook on high for 3 minutes.
5. Shred carrots. *(Note: I do this in my food processor with the grating disk if I am doubling the recipe for WIN.)*

6. In food processor combine steamed broccoli, zucchini, apple, banana, apple juice, and applesauce. Pulse until thoroughly mixed.



7. Combine the fruit and vegetable puree, carrots, and yogurt into the wet ingredient mixture in your mixer (sugar/butter/eggs) and beat until mixed.
8. Add the dry ingredients and mix just until combined and wet.



9. Add the golden raisins and mix just until combined.
10. Spray muffin tins with cooking spray or use paper liners (Note: If you use cooking spray on the liners, they practical fall off the muffin)
11. Scoop the mixture into the prepared muffin pans, filling each about $\frac{3}{4}$ of the way full.

12. Bake until the tops are slightly brown and a toothpick comes out clean, or they bounce back with you touch them with your finger.



These freeze great. Put them in a freezer safe bag and freeze for up to 3 months.

If you request to be on our Slow Food Whidbey Island email list, you will receive our monthly Slow Food *Convivium* newsletter which is always has wonderful, healthy recipes full of ingredients that are fresh from our local farms. Email me at kathy46@whidbey.com to get on our mailing list. And be sure to check us out at www.slowfoodwhidbeyisland.org and on Facebook.