

# 1. Massive Mastiff Munchy Muffins

I dug this up recently...

## Massive Mastiff Munchy Muffins

2 carrots  
2 3/4 cups water  
1 egg  
1/4 teaspoon vanilla extract  
2 tablespoons honey  
1 1/2 banana -- \*see Note  
4 cups whole wheat flour  
1 tablespoon baking powder  
1 tablespoon cinnamon  
1 tablespoon nutmeg

Shred the carrot with a hand shredder or in a [blender](#). Mix all wet

ingredients together in a bowl, then add the pureed banana. Mix

together thoroughly. Set aside. Combine the dry ingredients. Add the

wet ingredients to the dry and mix thoroughly, leaving no dry mixture

on the bottom. Coat a 12 [muffin pan](#) with nonstick spray. Fill each

muffin whole 3/4 full. Bake about 1 hour at 350 degrees.

Note: over ripe. Try replacing the banana with one apple for a different flavor!

<http://www.doginfosecrets.com/recipe...y-Muffins.html>