



# Morning Glory Muffins

Servings 12 | Prep time 20 mins. | Total time 35-48 mins.

Equipment: Muffin tin, Paper baking cups for muffins, Measuring cups and spoons, Grater, Cup to soak raisins, Small bowl for liquid ingredients, Large mixing bowls

Utensils: Peeler, Knife, Mixing spoon, Spoon or spatula to mix, Toothpick

## Ingredients

Non-stick spray or paper baking cups  
1/2 cup raisins or dried cranberries, chopped  
dried plus or other dried fruit  
2 cups whole wheat flour  
1 cup brown sugar  
2 teaspoons baking soda  
2 teaspoons ground cinnamon (optional)  
1/2 teaspoon ground ginger (optional)  
1/2 teaspoon salt (optional)  
3 carrots, grated (about 2 cups)  
1 large tart apple, grated  
1/2 cup shredded coconut, sweetened OR  
unsweetened  
1/2 cup chopped walnuts (optional)  
1/3 cup sunflower seeds or wheat germ (optional)  
3 large eggs  
2/3 cup vegetable or canola oil  
2 teaspoons vanilla extract (regular or imitation)  
1/4 cup orange juice

### Nutritional Information:

Calories 280  
Total Fat 14g  
Sodium 240mg  
Total Carbs 36g  
Protein 5g

## Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits and vegetables.
2. Preheat the oven to 375 degrees.
3. Lightly spray muffin tin with non-stick spray or line paper baking cups.
4. In a small bowl or cup, cover the raisins with hot water. Set them aside to soak while you assemble the rest of the recipe.
5. In a large bowl, whisk together the flour, sugar, baking soda, spices, and salt.
6. Stir in carrots, apple, coconut, nuts, and sunflower seeds or wheat germ into the bowl with the flour mixture.
7. In a separate bowl, beat together the eggs, oil, vanilla, and orange juice.
8. Add liquid mixture to flour mixture and stir until evenly moistened.
9. Drain the raisins and stir them in.
10. Divide the batter among the cups of the prepared pan. They'll be full almost to the top.
11. Bake the muffins for 15-18 minutes for regular and 25-28 minutes for large muffins, until they're nicely domed. When done, a toothpick inserted in the center of one of the middle muffins will come out clean.
12. Remove from the oven, let cool for 5 minutes in pan or rack. Then turn out of pans to finish cooling.
13. Put any leftovers in an airtight container. Store at room temperature for several days. You can store in the freezer up to 3 months.