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Morning Glory Muffins

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

Equipment:

Muffin tin
Paper bake cups for muffins
Grater
Cup to soak raisins
Small bowl for liquid ingredients
Large mixing bowls

Utensils:

Peeler
Knife
Mixing spoon
Spoon or spatula to mix
Toothpick
Measuring cups and spoons

Ingredients

Non-stick spray OR paper baking cups
1/2 cup dried fruit (reduced sugar cranberries, raisins, etc.)
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)

(continued)

3 carrots, grated
1 large tart apple, grated
1/2 cup unsweetened shredded coconut (optional)
1/2 cup unsalted nuts, chopped (optional)
1/3 cup sunflower seeds or wheat germ (optional)
3 large eggs
2/3 cup vegetable oil OR canola oil
2 teaspoons (regular or imitation) vanilla extract
1/4 cup 100% orange juice

Instructions

1. Before you begin, wash your hands, surfaces, fruits, and vegetables.
2. Preheat the oven to 375 degrees.
3. Lightly spray muffin tin with non-stick spray or line with paper baking cups.
4. In a small bowl or cup, cover the dried fruit 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 the carrots and apple (if using), add coconut, nuts, and sunflower seeds into the bowl with the flour mixture.
7. In a separate bowl, beat together the eggs, oil, vanilla, and orange juice.
8. Add liquid to the flour mixture, and stir until evenly moistened.
9. Drain the dried fruit and stir.
10. Divide the batter among the tins of the prepared pan. The cups on the muffin tin will be almost filled to the top.
11. Bake the muffins for 15-18 minutes. Test muffins by inserting a toothpick into center of a middle muffin. When finished, the toothpick will come out clean.

Nutritional Information:

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