



# Morning Glory Muffins

Servings 12 large (or 24 regular) | 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)  
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

## Nutritional Information:

Calories 340  
Total Fat 19g  
Sodium 340mg  
Total Carbs 38g  
Protein 6g

## 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 sti
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.