



Morning Glory Muffins

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

Equipment: Muffin tin-12 or 24 cup (3 1/4 inch or 2 1/2 inch cups), Paper bake cups for muffins, Measuring cups and spoons, Greater (box or handheld), Cup to soak raisins, small bowl for liquid ingredients, Large mixing bowls

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

Ingredients

Cooking spray or oil to prepare the muffin tins or paper bake 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 teaspoon backing soda
2 teaspoons ground cinnamon (optional)
1/2 teaspoon ground ginger (optional)
1/2 teaspoon salt
2 cups peeled and grated carrots
1 large tart apple, peeled, cored, and grated OR leave peel on; your choice
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 oil, vegetable or canola
2 teaspoons vanilla extract
1/4 cup orange juice

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits and vegetables.
2. Preheat the oven to 375 degrees.
3. Lightly grease a 12-cup muffin tin or a 24-cup regular muffin tin, or line each with papers and spray the insides of the papers.
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 the 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 if 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. Freezer up to 3 months.

Nutritional Information:

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