

Morning Glory Muffins

Serves 12

Ingredients:

- 1/2 cup (70g) raisins
- 2 cups (240g) whole wheat flour
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 3 large eggs
- 1/3 cup (65g) vegetable oil
- 1/3 cup (85g) applesauce
- 3/4 cup (150g) brown sugar
- 2 teaspoons vanilla extract
- 2 cups (200g) peeled and grated carrots
- 1 large tart apple, peeled, cored, and grated (or leave the peel on; your choice)
- 1/2 cup (40g) shredded coconut, unsweetened
- 1/2 cup (57g) chopped nuts or seeds (optional)

Directions:

1. Place raisins in a small bowl; pour 1/2 cup boiling water over to cover. Set aside.
2. Preheat oven to 375F. Spray a 12 cup muffin tin with baking spray, or use muffin papers.
3. In a small bowl, whisk together the flour, baking soda, cinnamon, and salt.
4. In a large bowl, whisk together eggs, oil, applesauce, brown sugar, and vanilla. Fold in carrots, apple, coconut, raisins and their soaking water, and nuts (if using.) Fold in dry ingredients until just blended; do not overmix.
5. Divide batter into prepared muffin cups. Bake for 15 minutes, then rotate muffin tin back to front. Continue baking until a toothpick inserted into the center of a muffin comes out clean, another 10-15 minutes (25-30 minutes total.)
6. Remove from oven, cool for 5-10 minutes in pan, then remove and cool completely. Placed in a Ziploc bag, muffins will keep for 5 days; freeze for later use if desired.

Nutrition Facts

12 servings per container	
Serving size	1 serving
	(92.01g)
Amount per serving	210
Calories	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.8g	13%
Trans Fat 0g	
Cholesterol 46mg	15%
Sodium 38mg	2%
Total Carbohydrate 30g	11%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 6g of Added Sugars	12%
Protein 5g	
Vitamin D 0mg	0%
Calcium 30mg	2%
Iron 1mg	8%
Potassium 641mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.