

## MORNING GLORY MUFFINS

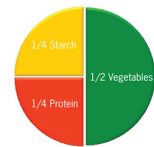
Makes 12 servings

### Ingredients

- ½ cup raisins
- 2 cups whole wheat flour
- ½ cup brown sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon allspice
- ½ teaspoon salt
- 2 teaspoons vanilla extract
- 2 cups grated carrots
- 1 large apple, cored and grated (peeled or unpeeled)
- ½ cup shredded coconut, sweetened or unsweetened
- ¼ cup flax meal
- 3 large eggs
- ⅓ cup unsweetened applesauce
- ⅓ cup vegetable oil
- ¼ cup apple or orange juice
- ½ cup chopped walnuts, optional

### Directions

1. Preheat the oven to 375°F. Lightly grease a 12-cup muffin tin.
2. In a small bowl, cover the raisins with hot water, and set them aside.
3. In a large bowl, whisk together the flour, sugar, baking soda, spices, and salt.
4. Stir in the carrots, apple, coconut, flax meal, and nuts (if using).
5. In a separate bowl, beat together the eggs, oil, applesauce, vanilla, and juice.
6. Add to the flour mixture, and stir until evenly moistened.
7. Drain the raisins and stir them in.
8. Divide the batter among the wells of the prepared pan.
9. Bake the muffins for 25 to 28 minutes, until they're nicely domed and a cake tester inserted in the center of one of the inner muffins comes out clean.
10. Remove from the oven, let cool for 5 minutes in their pan on a rack, then turn out of pans to finish cooling.



<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 muffin</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.8g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 15g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	<b>12%</b>
Vitamin D 4.4mcg	20%
Calcium 39mg	4%
Iron 1.44mg	8%
Potassium 282mg	6%
<small>*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.</small>	

Recipe adapted from King Arthur Flour  
<https://www.kingarthurfour.com/recipes/morning-glory-muffins-recipe>