

Morning Glory Muffins

Ingredients

2 cups flour
1 1/4 cups sugar
2 tsp baking soda
2 tsp cinnamon
1/2 tsp salt
3 eggs
1 cup canola oil
1 apple, shredded
2 tsp vanilla extract
2 cups carrot, grated
1/2 cup raisins
1/2 cup coconut, flaked
1/2 cup pecans, chopped



A breakfast favorite, composed of shredded carrots, flaky coconut, and raisins buried in a soft buttery muffin.

Directions

In large bowl, combine the flour, sugar, baking soda, cinnamon and salt. In another bowl, Combine the eggs, oil, apple and vanilla. Stir into the dry ingredients just until combined.

Fold in the carrot, raisins, coconut and pecans.

Fill greased or paper-lined muffin cups three-fourths full. Bake at 350 degrees for 15-18 minutes or until a toothpick inserted near the center comes out clean. Cool for 5 minutes before removing from pans to wire racks. Serve warm.

Yield 18 servings

Nutritional Information

Calories 283, Fat 16g, Carbohydrate 32g, Cholesterol 35mg, Sodium 228mg, Fiber 2g, Protein 3g

