































**MORNING GLORY MUFFINS** (page 1)  
**Servings: 12**

STEPS	INGREDIENTS	PROCEDURES
<p>1</p>	 1 apple  grater  2 cups flour  1 1/4 cup sugar  2 teaspoons baking soda  2 teaspoon cinnamon  1/4 teaspoon salt  2 cups grated carrots  mixing bowl  mixing spoon  measuring spoons  measuring cups	<p>Preheat oven 350°</p>  <p>Grate apple using a grater (do not peel) Could use a food processor.</p>  <p>In a large bowl, mix together flour, sugar, baking soda, cinnamon and salt.</p>  <p>Stir in carrots, raisins, coconut and grated apple.</p> 

**MORNING GLORY MUFFINS (page 2)**

<b>STEPS</b>	<b>INGREDIENTS</b>	<b>PROCEDURES</b>
<b>1</b> cont.	 1/2 cup raisins  1/2 cup unsweetened flaked coconut  grated apple	
<b>2</b>	 small mixing bowl  whisk	<p>In a separate bowl, beat together eggs, oil and vanilla</p>  <p>Stir egg mixture into the carrot/flour mixture, just until moistened</p> 

**MORNING GLORY MUFFINS (page 3)**

STEPS	INGREDIENTS	PROCEDURES
<p style="text-align: center;"><b>3</b></p>	<div style="text-align: center;">   <b>muffin tin</b> </div> <div style="text-align: center;">   <b>12 cupcake liners</b> </div> <div style="text-align: center;">   <b>cookie scoop</b> </div> <div style="text-align: center;">   <b>timer</b> </div>	<p><b>Place 12 cupcake liners into muffin tin.</b></p>  <p><b>Scoop batter into prepared muffin tin.</b></p>  <p><b>Bake in the oven for 20 minutes.</b></p> 

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 muffin</b>
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Amount per serving	<b>140</b>
<b>Calories</b>	
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 18g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 3g	
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Vitamin D 0mcg	<b>0%</b>
Calcium 17mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 103mg	<b>2%</b>
<small>*The % Daily Value 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>	