

MORNING GLORY MUFFINS

Serves 8

EQUIPMENT



large mixing bowl



mixing spoon



measuring spoons



spatula



measuring cups



small bowl



wire whisk



liquid meas. cup



kitchen shears



muffin tin



cupcake liners



timer



cookie scoop

INGREDIENTS



1 cup



1/2 cup + 2 Tbl



1 tsp baking soda



1 tsp cinnamon



1/4 tsp salt



1 cup shredded carrots



1 small box raisins



1/4 cup coconut



1/4 cup dried apples, diced



2 eggs

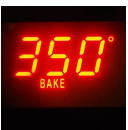


1 - 4 oz. applesauce



1 teaspoon vanilla

PROCEDURES



1. Preheat oven 350



2. Cut dried apples into small pieces using kitchen scissors.



3. Mix together flour, sugar, b. soda cinnamon & salt into a large bowl.



4. Stir raisins, coconut & apples into flour mixture.

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PROCEDURES CONT.



5. In small bowl: stir egg, applesauce & vanilla.



6. Stir egg mixture into the flour mixture.



7. Place cupcake liners into muffin tin.



8. Scoop batter into the prepared muffin tin.



9. Bake in oven for 20 minutes.



Enjoy

| Nutrition Facts | |
|---|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (364g) |
| Amount per serving | |
| Calories | 310 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 55mg | 18% |
| Sodium 940mg | 41% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 7g | 25% |
| Total Sugars 6g | |
| Includes 0g Added Sugars | 0% |
| Protein 30g | |
| Vitamin D 0mcg | 0% |
| Calcium 120mg | 10% |
| Iron 5mg | 30% |
| Potassium 524mg | 10% |
| *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. | |