

## **Morning Glory Muffins**

Makes 12 Servings; 1 muffin per serving

**Nutrients Per Serving:** 

310 Calories | 5 g Fat (.5 g Saturated) | 34 Carbohydrates | 0 g Added Sugar | 30 g Protein | 940 mg Sodium | 7 g Fiber





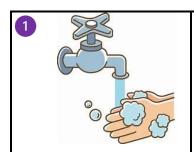
## **Ingredients Needed**

\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\*

Drana names that may be used in this recipe are not interface to chaotise branasi ose any brana of your distinct			
FLour 1 cup flour	SUGAR	Baking Soda	1 toosnoon sinnamon
1 cup flour	1/2 cup + 2 tablespoons sugar	1 teaspoon baking powder	1 teaspoon cinnamon
1/4 teaspoon salt	1 cup shredded carrots	1/2 cup raisins	Spredded coconut
1/4 teaspoon sait	1 cup sinedded carrots	1/2 cup raisins	1/4 cup sinedded cocondc
1/4 cup dried apples, diced	2 eggs or 1/2 cup liquid eggs	1 (4 oz) snack cup or 1/2 cup unsweetened applesauce	1 teaspoon vanilla

## Directions

(Tbsp = tablespoon, tsp = teaspoon)



Wash hands.



Preheat the oven to 350°F.



In a large bowl stir together 1 cup flour 1 cup and 2 Tbsp sugar 1 tsp baking powder 1 tsp cinnamon 1/4 tsp salt



Cut up 1/4 cup dried apples with kitchen scissors.



Stir into flour mixture 1/4 cup diced dried apples, 1 cup shredded carrots, 1/2 cup raisins, and ½ cup shredded coconut.



In the small bowl whisk together 2 eggs or 1/2 cup liquid eggs, 1 (4oz) applesauce, and 1 tsp vanilla



Stir liquid mixture into flour mixture.



Place cupcake liners in the muffin pan.



Evenly scoop batter into the prepared muffin pan.





Bake for 20 minutes.



Enjoy!