

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

Equipment Needed

 <p>Oven</p>	 <p>Large bowl, small bowl, and wire whisk</p>	 <p>Dry measuring cups, spoons and liquid measuring cup</p>	 <p>Mixing spoon Rubber spatula</p>
 <p>Muffin pan with cupcake liners</p>	 <p>Kitchen scissors</p>	 <p>Kitchen timer</p>	 <p>Cookie scoop</p>

Ingredients Needed












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

 <p>1 cup flour</p>	 <p>1/2 cup + 2 tablespoons sugar</p>	 <p>1 teaspoon baking powder</p>	 <p>1 teaspoon cinnamon</p>
 <p>1/4 teaspoon salt</p>	 <p>1 cup shredded carrots</p>	 <p>1/2 cup raisins</p>	 <p>1/4 cup shredded coconut</p>
 <p>1/4 cup dried apples, diced</p>	 <p>2 eggs or 1/2 cup liquid eggs</p>	 <p>1 (4 oz) snack cup or 1/2 cup unsweetened applesauce</p>	 <p>1 teaspoon vanilla</p>

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Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Preheat the oven to 350°F.</p>	<p>3</p>  <p>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</p>	<p>4</p>  <p>Cut up 1/4 cup dried apples with kitchen scissors.</p>
<p>5</p>  <p>Stir into flour mixture 1/4 cup diced dried apples, 1 cup shredded carrots, 1/2 cup raisins, and 1/4 cup shredded coconut.</p>	<p>6</p>  <p>In the small bowl whisk together 2 eggs or 1/2 cup liquid eggs, 1 (4oz) applesauce, and 1 tsp vanilla</p>	<p>7</p>  <p>Stir liquid mixture into flour mixture.</p>	<p>8</p>  <p>Place cupcake liners in the muffin pan.</p>
<p>9</p>  <p>Evenly scoop batter into the prepared muffin pan.</p>	<p>10</p>  <p>Bake for 20 minutes.</p>	 <p>Enjoy!</p>	