

Morning Glory Muffins



Preheat oven to 350° F.

1. In a large bowl, add:
flour, whole wheat 2 cups
white sugar $\frac{3}{4}$ cup
salt $\frac{1}{2}$ teaspoon
baking soda 2 teaspoons
cinnamon 2 teaspoons

Mix well.
2. Add:
carrots (grated) 2 cups
apple (peeled, cored, and grated) 1
raisins $\frac{1}{2}$ cup
3. In a small bowl, mix:
eggs (beaten) 2
oil $\frac{1}{2}$ cup
vanilla 2 teaspoons
4. Add wet ingredients to dry ingredients. Stir until moistened. Do not over mix, as it will make the muffins hard.
5. In a lightly greased muffin pan, fill muffin cups $\frac{2}{3}$ full with a spoon.
6. Bake in 350° F oven for 15 – 20 minutes or until muffins are golden brown. Remove from muffin pan and cool.

Makes 12 muffins

Source: Tried , Tested & True Cookbook

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca

March 2011