

Morning Glory Muffins

Ingredients:

Whole wheat flour	2 cups
White sugar	¾ cup
Salt	½ teaspoon
Baking soda	2 teaspoons
Cinnamon	2 teaspoons
Eggs, beaten	2
Oil	½ cup
Vanilla	1 teaspoon
Crushed pineapple (canned)	1 cup (250 mL)
Carrots, grated (about 2 medium carrots)	2 cups
Apple (peeled, cored and grated)	1
Raisins	½ cup



Directions:

1. Preheat oven to 350°F.
2. In a large bowl, mix together flour, sugar, salt, baking soda and cinnamon.
3. In a smaller bowl, stir together beaten eggs, oil, vanilla and crushed pineapple.
4. Add contents of smaller bowl to large bowl. Add grated carrots, apple and raisins to large bowl as well. Mix everything together until just combined. (Do not over-mix, as it makes the muffins tough and dense.)
5. Grease muffin tins or line with paper muffin cups. Spoon batter into muffin cups until ¾ full.
6. Bake for 15-20 minutes. To test if the muffins are done: Stick a fork or toothpick in the centre of a muffin and pull it out. If it comes out clean, the muffins are done.

Makes 18 muffins

Tips:

- Mix in ½ cup of sunflower seeds, chopped pecans or chopped walnuts for a crunchy muffin!
- Add any leftover crushed pineapple to a smoothie, or mix it with yogurt for a tasty snack. You can also freeze the pineapple in a plastic freezer bag for up to 3 months.