

# Morning Glory Muffins

This recipe replaces half of the oil (fat) with applesauce!

**\*\*Try substituting half whole-wheat flour.\*\***

## Ingredients

- 1 ¼ cups all purpose flour
- ½ cups and 2 tbsp sugar
- 1 ½ tsp ground cinnamon
- 1 tsp baking soda
- ¼ tsp salt
- 1 ½ eggs
- ¼ cup and 2 tbsp applesauce
- ¼ cup vegetable oil
- ½ tsp vanilla extract
- 1 cup grated carrots
- ½ medium tart apple, peeled and grated
- ½ (8 ounces) can crushed pineapple, drained
- ¼ cup flaked coconut
- ¼ cup raisins
- ¼ cup chopped walnuts

## Directions

1. In a large bowl, combine the first five ingredients. In another bowl, combine the eggs, applesauce, oil and vanilla. Stir in carrots, apple, pineapple, coconut, raisins, and nuts.
2. Fill greased or paper-lined muffin cups two-thirds full. Bake at 350 degrees F for 20-24 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.