

MORNING GLORY MUFFINS

(makes 18 muffins)

2 cups all-purpose flour

1 ¼ cups sugar
2 ½ teaspoons baking powder
2 teaspoons ground cinnamon
½ teaspoon salt

3 eggs

1 cup vegetable oil
2 teaspoons vanilla extract
2 cups grated carrots
½ cup chopped pecans
½ cup flaked coconut
½ cup raisins
1 medium tart apple, peeled and shredded

In a large bowl, combine the first 5 ingredients. In another bowl, beat the eggs, oil, and vanilla. Stir into dry ingredients just until moistened. Fold in the carrots, pecans, coconut, raisins, and apple. Fill greased or paper-lined muffin cups ¾ full. Bake at 350 degrees for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Nutritional analysis for 1 muffin:

Calories= 285
Fat= 17 grams (2 gm sat. fat)
Cholesterol= 35 mg
Sodium= 138 mg
Carbohydrate= 32 gm
Fiber= 2 gm
Protein= 3 gm

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Light & Tasty, Greendale, Wisconsin,
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MAKEOVER MORNING GLORY MUFFINS

(makes 18 muffins)

1 cup all-purpose flour
1 cup whole wheat flour
¾ cup ground flaxseed
¾ cup sugar
2 ¾ teaspoons baking powder
2 teaspoons ground cinnamon
¾ teaspoon salt
¼ teaspoon baking soda
4 egg whites
1 egg
½ cup unsweetened applesauce
1/3 cup orange juice
¼ cup canola oil
2 teaspoons vanilla extract
2 cups grated carrots
½ cup chopped pecans
½ cup flaked coconut
½ cup raisins
1 medium tart apple, peeled and shredded

In a large bowl, combine the first 8 ingredients. In another bowl, beat the egg whites, egg, applesauce, orange juice, oil, and vanilla. Stir into dry ingredients just until moistened. Fold in the carrots, pecans, coconut, raisins, and apple. Coat muffin cups with nonstick cooking spray or use foil liners; fill ¾ full. Bake at 350 degrees for 15-18 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Nutritional analysis for 1 muffin:

Calories= 203
Fat= 9 grams (2 gm sat. fat)
Cholesterol= 12 mg
Sodium= 207 mg
Carbohydrate= 29 gm
Fiber= 4 gm
Protein= 5 gm
Diabetic exchanges: 2 starch, 2 fat

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