

Morning Glory Muffins

These muffins will help you jump out of bed. They are full of healthy ingredients that will help keep full until lunch!

Preparation Time: 15 mins

Cooking Time: 20 min.

Servings: 18

Amount	Ingredient	Cost – date:
1 and 1/2 cups	All-purpose Flour	
1/2 cup	Whole Wheat Flour	
1 and 1/4 cups	Sugar (or less)	
1/4 cup	Ground Flaxseeds	
1 Tbsp	Ground Cinnamon	
1 tsp	Baking Powder	
1 tsp	Baking Soda	
1/2 tsp	Salt	
2 cups	Carrots, grated (about 4 medium)	
1 - about 1 cup	Apple, peeled, cored and chopped	
1 cup	Raisins	
1	Egg, large, lightly beaten	
2	Egg Whites, large, lightly beaten	
1/2 cup	Apple Butter (or applesauce works too!)	
1/4 cup	Canola Oil	
1 Tbsp	Vanilla	
Optional Topping:		
2 Tbsp	Walnuts or Pecans, finely chopped	
2 Tbsp	Wheat Germ, toasted	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 375. Line 18 muffin tins.
2. In large bowl, whisk together first dry ingredients. Add in carrots, apples and raisins.
3. In medium bowl, whisk together eggs, apple butter (or applesauce), oil and vanilla. Add to dry ingredients bowl and stir only until moistened. Don't overmix.
4. Spoon batter into prepared muffin cups, about 3/4 full. If desired, combine nuts and wheat germ and sprinkle on top. Bake for 15 - 20 minutes.

SOURCE: Eating Well Magazine

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11