

Morning Glory Muffins



Dry Ingredients:

- 1½ cups all-purpose flour
- ½ cup brown sugar, packed
- ½ cup granulated sugar
- 1½ teaspoons baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt

Wet Ingredients:

- 2 large eggs
- ½ cup vegetable oil
- 1 teaspoon vanilla extract
- ½ cup unsweetened applesauce
- 1 small apple, peeled and grated
- 1 cup grated carrots

Mix-ins:

- ½ cup shredded coconut
- ½ cup chopped walnuts (or pecans)
- ½ cup raisins or currants

Instructions

Step 1: Preheat the Oven

1. Preheat your oven to 350°F (175°C).
2. Line a 12-cup muffin tin with paper liners or grease with non-stick spray.

Step 2: Mix the Dry Ingredients

1. In a large mixing bowl, whisk together the flour, brown sugar, granulated sugar, baking soda, cinnamon, and salt.
2. Set aside.

Step 3: Mix the Wet Ingredients

1. In a separate bowl, beat the eggs, vegetable oil, and vanilla extract together until well combined.
2. Stir in the applesauce, grated apple, and grated carrots.
3. Fold in the shredded coconut, walnuts, and raisins, mixing until evenly distributed.

Step 4: Combine Wet and Dry Ingredients

1. Gradually add the wet ingredients to the dry ingredients, stirring gently until just combined.
2. Be careful not to overmix, as this can make the muffins dense instead of light and fluffy.

Step 5: Fill the Muffin Tin

1. Divide the batter evenly among the 12 muffin cups, filling each about $\frac{2}{3}$ full.

Step 6: Bake the Muffins

1. Bake for 20-25 minutes, or until a toothpick inserted in the center comes out clean.
2. If needed, rotate the pan halfway through baking for even browning.

Step 7: Cool and Serve

1. Allow the muffins to cool in the pan for 5 minutes, then transfer them to a wire rack to cool completely.
2. Enjoy warm or store for later!

Pro Tips for the Best Morning Glory Muffins

- Use fresh, grated carrots and apples
- Don't overmix the batter – Stir just until combined for light and tender muffins.
- Customize your mix-ins – Swap walnuts for pecans, almonds, or sunflower seeds.
- Use a cookie scoop – This makes evenly sized muffins and mess-free portioning.
- Want extra flavor? Add $\frac{1}{2}$ teaspoon nutmeg or ginger for a warm spice boost.

Fun Variations

- Make them healthier – Swap $\frac{1}{2}$ cup of all-purpose flour for whole wheat flour.
- Dairy-free option – Replace eggs with flax eggs and use coconut oil instead of vegetable oil.
- Turn them into a loaf – Pour the batter into a 9x5-inch loaf pan and bake at 350°F for 45-50 minutes.
- Add a crunch! Sprinkle oats or chopped nuts on top before baking.

2/24/25 - <https://www.msn.com/en-us/foodanddrink/recipes/morning-glory-muffins-a-wholesome-and-flavorful-start-to-your-day/ar-AA1zwWsb?cvid=b7a902ef7a1a4ed79bec001021ba6f20&ocid=OnOOutlookMobile&mosat=default&is2ndWV=true>