

## Morning Glory Muffins

- 1 cup all-purpose flour
- ½ cup brown sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1 cup shredded carrots
- 1/4 cup raisins
- 1/4 cup chopped walnuts
- 1/4 cup unsweetened flaked coconut
- 1/2 apple - peeled, cored and shredded
- 1 egg and 2 T egg beaters
- 1/2 cup pumpkin puree
- 1 teaspoon vanilla extract

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Preheat oven to 350 degrees

Line 6 muffin wells with paper liners.

In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt. Stir in the carrot, raisins, nuts, coconut, and apple.

In a separate bowl, beat together eggs, pumpkin, and vanilla. Stir egg mixture into the carrot/flour mixture, just until moistened. Scoop batter into prepared muffin cups. Bake in preheated oven for 20 minutes, until a toothpick inserted into center of a muffin comes out clean.