



Morning Glory Muffins I

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

18

Description

This muffin has a little bit of everything carrots raisins apple butter wheat germ nuts A perfect start for your day

Ingredients

- - 1 ½ cups all-purpose flour - ½ cup whole wheat flour - 1 ¼ cups white sugar - 1 tablespoon ground cinnamon - 2 teaspoons baking powder - ½ teaspoon baking soda - ½ teaspoon salt - 2 cups grated carrots - 1 apple - peeled
- cored
- and chopped - 1 cup raisins - 1 egg - 2 egg whites - ½ cup apple butter - ¼ cup vegetable oil - 1 tablespoon vanilla extract - 2 tablespoons chopped walnuts - 2 tablespoons toasted wheat germ

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly oil 18 muffin cups
2. or coat with nonstick cooking spray. In a medium bowl
3. whisk together eggs
4. egg whites
5. apple butter
6. oil and vanilla. In a large bowl
7. stir together flours
8. sugar
9. cinnamon
10. baking powder
11. baking soda and salt. Stir in carrots
12. apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups
13. filling them about 3/4 full. In a small bowl
14. combine walnuts and wheat germ; sprinkle over the muffin tops. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes
15. or until the tops are golden and spring back when lightly pressed.