



Morning Glory Muffins

ingredients

- 2 cups organic whole wheat flour
- 1 cup of organic cane sugar
- 2 tsp. baking soda
- 1 tbsp. organic ceylon cinnamon
- 1/2 tsp. sea salt
- 3/4 cup unsweetened coconut flakes
- 3 large eggs
- 1/2 cup olive oil
- 1/2 cup cinnamon applesauce
- 2 tsp. vanilla extract
- 1 organic apple, grated (about 1 cup)
- 2 organic carrots, grated (about 2 cups)
- 8 oz. can crushed pineapple, drained
- 1/2 cup chopped pecans OR walnuts
- 1/2 cup chopped dates OR raisins

directions

- Heat oven to 350°F.
- Line muffin pan with paper cups.
- In large bowl whisk together flour, sugar, baking soda, cinnamon and sea salt. Add the coconut and stir.
- In separate bowl whisk together the eggs, oil, applesauce and vanilla.
- Add apple, carrot and pineapple. Stir to combine.
- Add flour mixture to apple/carrot mixture. Stir to combine.
- Mix in pecans and dates.
- Spoon into paper cup liners, fill to the top.
- Bake for 25-30 minutes or until toothpick inserted comes out clean.

Makes 12 Muffins