



## MORNING GLORY MUFFINS

2 C flour  
1 1/2 C sugar  
2 t baking soda  
2 t cinnamon  
1/2 t salt  
2 C grated carrots  
1/2 C raisins

1/2 C chopped nuts  
1/2 C shredded coconut  
1 apple, peeled, cored & grated  
3 eggs  
1 C vegetable oil  
2 t vanilla

Preheat oven to 350.

Sift together the flour, sugar, baking soda, cinnamon and salt. Stir in the carrots, apple, coconut, raisins and nuts. Beat eggs, oil and vanilla together then add to flour mixture just until moistened. Spoon into well-greased, small muffin tins. Bake for about 15 minutes until firm.

Makes about 3 dozen mini muffins or 2 dozen small ones.

Recipe by Gayden Metcalfe

