

Easy Morning Glory Muffins

These were delicious. I just chopped the apples and the carrots together in my mini food processor and it wasn't time consuming at all. Plus, it made the muffin more appealing to my picky 3 year old, who might have been discouraged by the carrot chunks! 2 cups= +/- 3 medium carrots UPDATE- For those doing WW, this is 10 points each if you make 12 muffins and copy the recipe word for word. If you omit the walnuts (10.5 points) and use 1 cup of applesauce (2 points) instead of 1 cup of oil (57 points!!!) that will bring each muffin to 4 points, and it's still just as delicious. I love grabbing one of these for a healthy breakfast just before running out the door. ☐

Ingredients

2 cups all-purpose flour
1 1/4 cups white sugar
2 teaspoons baking soda

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Ingredients

2 cups all-purpose flour
1 1/4 cups white sugar
2 teaspoons baking soda
2 teaspoons ground cinnamon
1/4 teaspoon salt
2 cups shredded carrots
1/2 cup raisins
1/2 cup chopped walnuts
1/2 cup unsweetened flaked coconut
1 apple – peeled, cored and shredded
3 eggs

1 cup vegetable oil
2 teaspoons vanilla extract

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin 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, oil, 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.

Source : allrecipes.com

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