

Morning Glory Muffins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 18

Serving Size: 1 muffin

| Ingredients | Quantity | Measure |
|-----------------------------|----------|-------------|
| Flaxseed, ground | 3 | tablespoons |
| Water | 9 | tablespoons |
| All-purpose flour | 2 | cups |
| Salt | ½ | teaspoon |
| Baking soda | 2 | teaspoons |
| Cinnamon | 2 | teaspoons |
| Carrots, grated | 2 | cups |
| Red delicious apple, grated | 1 | large |
| Walnuts, optional | ½ | cup |
| Shredded coconut | ½ | cup |
| Raisins | ½ | cup |
| Brown sugar | ¼ | cup |
| Granulated sugar | ¾ | cup |
| Vegetable oil | 2/3 | cup |

Preparation

1. In a small bowl, mix flaxseed and water together and let set for 5 minutes.
2. In a separate bowl, combine all-purpose flour, salt, baking soda and cinnamon in a bowl. Mix and set aside.
3. In another bowl, add the grated carrots, grated apple, walnuts, coconut, raisins, brown sugar and granulated sugar. Mix well. Add the carrot mixture to flour mixture.
4. Mix flaxseed mixture and oil together. Add to the carrot and flour mixture. Stir together until the dry ingredients become wet.
5. Bake at 375 degrees for 15 minutes or until done.

Notes

You can substitute ½ cup agave, for the brown and granulated sugar.

Nutrition Information per serving *From USDA Nutrient Database

Muffins without Walnuts

Calories: 209 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 4g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 2g Sodium: 219mg Vitamin A: 52µg
Vitamin C: 2mg Calcium: 17mg Iron: 1mg Folate: 44µg

Muffins with Walnuts

Calories: 230 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 5g Trans
Fat: 0g Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 3g Sodium: 219mg
Vitamin A: 52µg Vitamin C: 2mg Calcium: 21mg Iron: 1mg Folate: 47µg

