Krystal’s muffin recipe. Enjoy!!

Morning Glory Muffins

Ingredients:

2 ¼ C All purpose flour

¾ C sugar

2 tsp baking soda

2 Tbsp Cinnamon

½ tsp Allspice

¼ tsp nutmeg

½ tsp salt

¼ C flax seed

2 C shredded carrots (3 med)

1 apple, shredded

½ C dried cranberries

½ C golden raisins

½ C chopped walnuts

½ C coconut (preferably unsweetened)

1 can crushed pineapple (8 oz)

3 eggs

¼ C oil (or less)

½ C applesauce (or more, depends on the oil)

1 Tbsp vanilla

Directions:

Preheat oven to 350 and grease muffin cups

Shred apple and carrots

Mix dry ingredients

Add in raisins, nuts, cranberries, and coconut, mix well to coat. Then add pineapple, followed by the shredded apple and carrots.

In a separate bowl beat eggs, oil, vanilla, applesauce

Mix until moistened

Scoop into muffin cups

Bake 20 min or until toothpick comes out clean

(Makes 2 dozen muffins, will last in the fridge for about 10 days)