smitten kitchen ’ hardly biggest surprise parenting ’ yet get head around idea ’ taken part creating morning person son always woken early ’ 5/5:30am ’ sofa reading thick book wondering care watch sunrise years ’ tried everything change wiring — lecturing star charts bribery begging asking pediatrician talk sense although “ wakes early reads chapter books ” ’ quite doom-and-gloom impact ’ thought would prayer — eventually might inferred referring wiring gave wake crack dawn also require breakfast earlier hour normal people like parents love sleep ’ uh confusion “ breakfast food ” ’ taken packing breakfast leaving fridge hard-boiled egg fruit cheese sort muffin working way muffin archives realized missing one hippie/morning glory-ish muffins loves loaded carrots apple dried fruit sometimes coconut spices ’ made versions last months go another round new tomororw wonderful cookbook arrived doorstep Yossy Arefi ’ Snacking Cakes probably ’ need tell idea snacking cake firmly within SK wheelhouse — think cakes everyday just-because-it ’ s-Monday thing lucky us Arefi went right Morning Glory Cake wondered ’ fussing muffin liners trying achieve perfect dome pouring pan much easier ’ tweaked Arefi ’ recipe make even breakfast-y — lowered sugar oil bit swapped whole wheat flour raw sugar white added dried fruit well coconut nods original ginger like use toasted salted pepitas top cake remains plush perfect whatever hour call breakfast know Morning Glory muffin official recipe Pam McKinstry created 1978 restaurant Nantucket recipe first published Gourmet 1981 wildly popular decades