



## **Recipe: Morning Muffin Magic**

Makes about 2 dozen muffins

*These retro-muffins are also known as “morning glory muffins” and become popular in the 1960’s and ‘70’s when all kinds of fruits and vegetables were being added to whole grain muffins to go with morning coffee served at popular coffee shops. Today, these muffins are the perfect grab-and-go breakfast. They are cinnamon-scented, moist and loaded with flavorful goodness. Best of all, they are easy to make especially if you have a food processor on hand with a shredder disk. While the muffins are terrific just as they are, if you really want to be indulgent, a little pat of butter or jam, or even cream cheese, wouldn’t be a bad idea.*

### **Ingredients**

2 cups white whole wheat flour (plus up to ¼ cup more as needed to thicken batter)  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon Saigon (or spicy) cinnamon  
½ teaspoon coarse (kosher) salt  
½ cup light brown sugar, packed  
¾ cup sugar  
¾ cup vegetable oil  
3 large eggs, at room temperature  
3 carrots, peeled and shredded  
1 large apple or pear, peeled, cored and coarsely grated  
¾ cup unsweetened shredded coconut (organic preferred)  
½ cup golden raisins  
½ cup chopped walnuts  
¼ cup finely chopped candied ginger

### **Preparation**

Preheat oven to 375° F. Spray muffin tins with non-stick spray for baking (with flour) or line each tin with a cupcake liner.

In a large bowl, whisk together the flour, baking powder and soda, cinnamon, and salt. Add in the brown and white sugar and whisk until everything is well combined. Set aside.

In another bowl, whisk together the oil and the eggs until well combined. Pour into the dry mixture and fold together until almost combined. Do not over mix. Add the carrots, apple or pear, coconut, raisins, nuts, and ginger. Fold until the mixture is combined and ingredients evenly distributed. Again, take care not to over mix.

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Divide the batter among the muffin cups filling each one just a bit more than half-way. Place the muffin tins into the oven and reduce the temperature to 350° F. Bake muffins for 20 minutes, or until the tops have puffed. A tester inserted into the middle should come out with a scant few crumbs clinging to it.

Remove muffin tins to a cooling rack. Once cooled remove from the tins. Store in an airtight container at room temperature up to 3 or 4 days, or covered in the refrigerator for up to 1 week. You can wrap each one individually and freeze them for up to 3 months. Thaw in the refrigerator overnight.