



Morning Glory Muffins

Makes 12 nice sized muffins

Ingredients:

- 1/3 cup white raisins
- 3/4 cup walnuts (coarsely chopped)
- 1/2 cup unsweetened shredded coconut
- 3/4 cup dark brown sugar
- 1/2 cup avocado or other neutral oil
- 2 large eggs
- 1 tsp pure vanilla extract
- 1/4 tsp ground ginger
- One 8 oz can crushed pineapple, juice and all
- 2 medium carrots (peeled and grated)
- 1/2 cup unpeeled grated apple (mine was a Braeburn because that is what was handy)
- 1 3/4 cup whole wheat pastry flour OR use 1 cup whole wheat flour plus 3/4 cup all-purpose flour
- 1 1/2 tsp ground cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 teaspoon fine sea salt
- 2 tsp coarse Turbinado sugar for the top of the muffins

Instructions:

Preheat the oven to 350 with the rack in the middle. Spray or grease a regular sized muffin tin with oil-one for 12 regular sized muffins

Soak the raisins in hot water, and leave them alone while you get everything else done

Toast the walnut pieces and the coconut at 350 for 1 1/2-3 minutes. I did mine in the toaster oven and they were done before I could blink. If you overdo the coconut, it will burn - so watch out.

Whisk together the cinnamon, baking powder, baking soda, salt, and ginger in a medium bowl.

In a large bowl whisk the oil, brown sugar, eggs and vanilla until well combined. Add the pineapple and it's juice and mix well. Drain the raisins, discard the water and stir the drained

raisins into the liquid ingredients. Then add the grated carrot, apple, and cooled toasted nuts and coconut. Stir until barely mixed.

Using an ice cream scoop, divide the batter equally among the 12 muffin wells, sprinkle with a pinch of turbinado on top and bake for 20 minutes or until a toothpick comes out clean. Transfer the pan to a wire rack and wait five minutes, then remove the muffins to the rack to cool completely. These freeze for up to three months and stay fresh for a few days at room temperature. As if.

Oh, and soft cream cheese makes the perfect topping.