

Whole Grain Morning Glory Muffins

Makes 16

Whole wheat pastry flour combines with apples, raisins, carrots, coconut and walnuts in these nutritious and satisfying muffins. You can also try our [Gluten-free Morning Glory Muffins](#).

Ingredients

1 1/3 cups whole wheat pastry flour
1/2 cup sugar
1/4 cup packed natural brown sugar
1 1/2 teaspoons baking soda
1 teaspoon ground cinnamon
1/4 teaspoon salt
2 eggs
2/3 cup canola oil
1 teaspoon vanilla extract
1 Fuji apple, cored, peeled and diced
1/2 cup seedless raisins
1/2 cup grated carrots
1/2 cup walnuts, finely chopped
1/4 cup plus 2 tablespoons dried flaked unsweetened coconut, divided

Method

Preheat oven to 350°F. In a large bowl, mix together flour, sugar, brown sugar, baking soda, cinnamon and salt; break up any brown sugar lumps with your fingers or a wooden spoon.

In a separate bowl, whisk together eggs, oil and vanilla, then add to flour mixture and stir just until combined. Add apples, raisins, carrots, walnuts and 1/4 cup of the coconut and stir gently until well combined.

Spoon batter into 16 paper-lined muffin tins, filling each about 2/3 full. Top evenly with remaining 4 teaspoons coconut and bake for 25 to 30 minutes, or until cooked through.

Nutrition

Per serving (1 muffin/about 2oz/55g-wt.): 200 calories (110 from fat), 12g total fat, 1.5g saturated fat, 25mg cholesterol, 170mg sodium, 21g total carbohydrate (2g dietary fiber, 14g sugar), 3g protein

<http://www.wholefoodsmarket.com/recipes/1470>

Tags: Make Ahead, Gifts, Family Friendly, American, Vegetarian, Dairy Free

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our [Terms of Service](#).