

Morning Glory Muffins

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 1 cup Craisins
- 2 cups flour
- 1 cup packed light brown sugar
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon salt
- 2 cups carrots, peeled and grated
- 2 medium apples, cored and grated
- 1/2 cup unsweetened shredded coconut
- 3/4 cup chopped pecans
- 1/3 cup pumpkin or sunflower seeds
- 3 large eggs
- 2/3 cup vegetable or canola oil
- 2 teaspoons pure vanilla extract
- 1/4 cup orange juice or juice of one orange

Instructions:

Preheat the oven to 375 degrees F. Grease three 6-cup muffin tins.

In a small bowl soak the craisins in hot water. Set aside.

In a large bowl mix the dry ingredients: flour, sugar, baking soda, salt and seasonings. Then stir in carrots, apples, coconut, nuts, and seeds.

In a separate bowl beat together the wet ingredients: eggs, oil, juice, and vanilla.

Add the wet ingredients to the dry ingredients and mix until well combined.

Drain the water from the craisins and stir them in.

Fill the muffin cups all the way to the top. You should be able to fill 12-16 cups.

Bake for 25-28 minutes or until a fork comes out clear.

Remove from the oven and allow them to cool for about 5 minutes, then finish cooling on a cooling rack.

Store in an airtight container for a few days, or freeze for longer storage.