



Morning Glory Muffins

INGREDIENTS

1 1/4 cups sugar
2 1/4 cups flour
1 tablespoon cinnamon
2 teaspoons baking soda
1/2 teaspoon salt
1/2 cup shredded coconut
3/4 cup raisins
1/2 cup pecans or walnuts

2 cups grated carrots
1 apple, shredded
8 ounces crushed pineapple, drained

3 eggs
1 cup vegetable oil
1 teaspoon vanilla

DIRECTIONS

- Sift together the sugars, flours, cinnamon, baking soda and salt into a large bowl. Add the fruit, carrots, nuts, and stir to combine.

- In a separate bowl whisk the eggs, oil, and vanilla. Pour this mixture into the bowl with the dry ingredients and stir to blend well. Spoon mixture into cupcake tins lined with muffin papers. Fill to brim of each cup. Bake in preheated 350 oven for 35 minutes. Toothpick inserted into the middle of muffin will come out clean when muffins are done.

- Cool muffins in pan for 10 minutes then turn out on rack to cool. Yield is 16 muffins. Muffins improve even more after 24 hours. Freeze well.

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