

Morning Glory Muffins



These are about as nutritious as a muffin can get! Made with whole wheat flour, apples, carrots, and walnuts, they will fill you up and give you energy that lasts. A perfect breakfast when on the go or for an after school snack. We designed this recipe with no chunky fillings that may bother a picky eater. Eighteen muffins sounds like a lot, but they go fast!

MAKES: 18 muffins

PREP TIME: 15 MIN

TOTAL TIME: 40 MIN

INGREDIENTS

Add to food processor:

- 2 medium carrots, chopped
- 2 medium apples, chopped
- ½ cup walnuts
- ½ cup soy milk
- ½ cup canola oil
- ½ cup water
- 3 tablespoons ground flax
- 2 teaspoons vanilla

Add to large bowl:

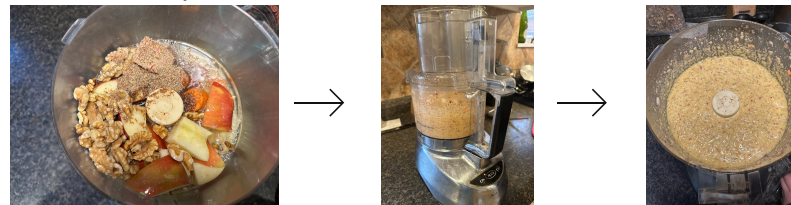
- 2 cups whole wheat flour
- ½ cup sugar
- 2 teaspoons cinnamon
- ½ teaspoon ground ginger
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ¾ teaspoon salt

DIRECTIONS

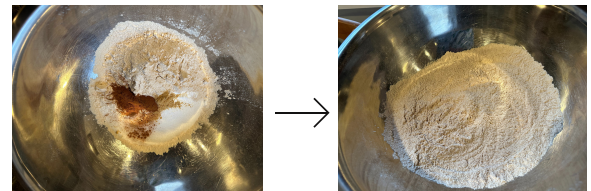
1. Preheat oven to 350 degrees.
2. Rinse apples and carrots with cold water. Chop apples (do not peel). Chop carrots. Add to food processor.



3. Add walnuts, soy milk, oil, water, flax and vanilla to food processor. Turn on food processor and blend until smooth.



4. To a large bowl, add flour, sugar, cinnamon, ginger, baking powder, baking soda and salt. Whisk until evenly combined.

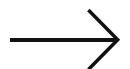


5. Pour the food processor mixture into the dry ingredients and mix until combined. Batter should be very thick, but still moist. If necessary, add an extra ½ cup of milk.



NOTES

More on the other side



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Directions Continued

8. Put liners into muffin tins. Put about a $\frac{1}{4}$ cup of muffin batter into each liner.



9. Bake for 24 minutes. Poke a muffin with a toothpick to make sure it comes out clean. If not, bake for another 2 minutes.

