

# Morning Glory Muffins

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 18

Serving Size: 1 muffin

Ingredients	Quantity	Measure
All-purpose flour	2	cups
Brown sugar	¼	cup
Granulated sugar	¾	cup
Baking soda	2	Tsp.
Salt	½	Tsp.
Cinnamon	2	Tsp.
Vegetable oil	2/3	cup
Flaxseed (ground)	3	Tbsp.
Water	9	Tbsp.
Red Delicious Apple (grated)	1	Large
Carrots (grated)	2	cups
Walnuts (optional)	½	cup
Shredded coconut	½	cup
Raisins	½	cup

## Preparation

1. Mix flaxseed and water together and let set for 5 minutes.
2. Mix all-purpose flour, salt, baking soda and cinnamon in a bowl. Set aside.
3. Mix grated carrots, grated apple, walnuts, coconut, raisins and both sugars together. Add to flour mixture.
4. Mix flaxseed mixture and oil together. Add to the carrot and flour mixture. Stir together until the dry ingredients become wet.
5. Bake at 375 degrees F for 15 minutes or until done.

\*\* You can substitute ½ cup agave, for the brown and granulated sugar.

## Nutrition Information \*From USDA Nutrient Database

### Muffins without Walnuts

Calories: 209 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 4g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 2g Sodium: 219mg Vitamin A: 52µg  
Vitamin C: 2mg Calcium: 17mg Iron: 1mg Folate: 44µg

### Muffins with Walnuts

Calories: 230 Total Fat: 11g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 5g Trans  
Fat: 0g Cholesterol: 0mg Carbohydrate: 31g Fiber: 2g Total Sugar: 17g Protein: 3g Sodium: 219mg  
Vitamin A: 52µg Vitamin C: 2mg Calcium: 21mg Iron: 1mg Folate: 47µg



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