

MORNING GLORY MUFFINS

12-18 muffins, depending on how big you make each muffin

- 1 c. all-purpose flour
- 1 c. whole wheat pastry flour (not the same as whole wheat flour!)
- 1 c. shredded carrots
- 1.c shredded zucchini
- 1 large apple, peeled, cored and shredded (I used a pink lady, but most any will do)
- 1 c. sugar
- ½ cup unsweetened, shredded coconut (found at health food dept. of larger stores)
- ½ c. chopped walnuts
- 1 T cinnamon
- 2 t. baking soda
- 1 ½ t. grated orange peel
- 1 t. vanilla
- 3 large eggs
- ½ c vegetable oil
- ½ c applesauce

Preheat oven to 375. Spray muffin tins with cooking spray, or line with papers. Mix all ingredients except eggs, oil, and applesauce in a large bowl. Whisk eggs, oil, and applesauce in another large bowl to blend. Stir flour mixture into eggs. Bake for 18-20 minutes, or until a tester comes out clean. Best when warm. Muffins do freeze well.