

Morning Glory Muffins

If 18 muffins are too many, freeze those you won't eat and pull them out of the freezer as needed. Freezing the muffins keeps them fresher longer. Warm the muffins slightly before serving.

MAKES 18 SMALL MUFFINS

Ingredients

- 1 cup all-purpose (plain) flour
- 1 cup whole-wheat flour
- $\frac{3}{4}$ cup sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup egg substitute
- $\frac{1}{2}$ cup vegetable oil
- $\frac{1}{2}$ cup unsweetened applesauce
- 2 teaspoons vanilla extract
- 2 cups chopped apples (unpeeled)
- $\frac{1}{2}$ cup raisins
- $\frac{3}{4}$ cup grated carrots
- 2 tablespoons chopped pecans

Directions

1. Preheat the oven to 350° F. Line a muffin pan with paper or foil liners.
2. In a large bowl, combine the flours, sugar, baking soda, cinnamon and salt. Whisk to blend evenly.
3. In a separate bowl, add the egg substitute, oil, applesauce and vanilla. Stir in the apples, raisins and carrots. Add to the flour mixture and blend just until moistened but still slightly lumpy.
4. Spoon the batter into muffin cups, filling each cup about $\frac{2}{3}$ full. Sprinkle with chopped pecans and bake until springy to the touch, about 35 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.

Nutritional Analysis (per serving) Serving size: 1 muffin

Calories	170	Cholesterol	trace
Protein	3 g	Sodium	195 mg
Carbohydrate	25 g	Fiber	2 g
Total fat	7 g	Potassium	140 mg
Saturated fat	1 g	Calcium	17 mg
Monounsaturated fat	2 g		

Healthy Pyramid Servings

Fruit	1
Carbohydrate	1
Fats	1

Diabetes Meal Plan Exchanges

Starches	1
Fruits	1
Fats	1



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