

Morning Glory Muffins

Prep 15M | Cook 25M | Enjoy 40M

These hearty muffins are packed with lots of wholesome ingredients, including wheat germ. Wheat germ is the nutritious heart of the wheat kernel and is a good source of folate, vitamin E, phosphorus and thiamin. Add in some carrots from your garden or the farmers market to up the vitamin A content!

INGREDIENTS

- 1 cup whole wheat flour
 - 1 cup all-purpose flour
 - 1/3 cup wheat germ
 - 2 tsp baking soda
 - 2 tsp cinnamon
 - 1/2 tsp ground ginger
 - 1/2 tsp salt
 - 3/4 cup packed brown sugar
 - 3 large eggs
 - 1/2 cup canola oil
 - 2 tsp vanilla
 - 1/4 cup pineapple juice
 - 2 cups grated carrots
 - 1 cup grated apple
 - 1/3 cup chopped pecans
 - 1/2 cup raisins or dried cranberries
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DIRECTIONS

1. Preheat oven to 375°F.
2. Whisk together flours, wheat germ, baking soda, cinnamon, ginger and salt in a large bowl.
3. In a medium bowl, whisk together sugar, eggs, oil, vanilla and pineapple juice. Stir in grated carrots and apple.
4. Add liquid ingredients to flour mixture and stir gently a few times. Add pecans and raisins and stir mixture just until combined.
5. Spoon batter into paper-lined muffin tins. Bake until toothpick inserted in centres of muffins comes out clean, about 20–25 minutes.
6. Allow muffins to cool in pan on a rack for 5 minutes, then transfer muffins to a rack to cool completely.
7. Serve and enjoy!

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NUTRITIONAL FACTS

Serves 12 (1 muffin per serving)

Nutritional analysis per serving: 270 calories, 13 g fat, 5 g protein, 41 g carbohydrate (38 g available carbohydrate), 3 g fibre, 341 mg sodium