



Morning Glory Muffins

Original	Modified	Benefit
2 cups all purpose flour	1 c all purpose flour, 1 c whole wheat flour	Increase fiber, potassium and calcium
1 ½ c sugar	¾ c sugar	Reduce calories
2 tsp baking soda	2 tsp baking soda	Don't change, leavening
1 tsp ground cinnamon	2 tsp ground cinnamon	Enhance flavor
½ tsp salt	¼ tsp salt	Reduce sodium
3 large eggs	¾ c egg substitute	Reduce saturated fat and cholesterol
1 c vegetable oil	½ c vegetable oil, ½ c unsweetened apple sauce	Reduce fat and calories, retain moisture
½ c coconut	Omit	Reduce saturated fat and calories
1 tsp vanilla extract	2 tsp vanilla extract	Enhance sweet flavor
2 cups peeled and chopped apples	2 cups chopped apples (unpeeled)	Increase fiber by keeping the skin on
½ c raisins	½ c raisins	Don't increase, calorie dense
½ cup grated carrots	¾ cup grated carrots	Increase vitamin A and fiber, substitute for coconut
½ c chopped pecans	2 tbsp chopped pecans	Reduce fat and calories

Nutrient analysis:

Serving size = 1 muffin

Calories, 170

Protein, 3 grams

Carbohydrate, 27 grams

Fat, 7 grams

Sat fat, 1 gram

Mono-unsat-fat, 2 grams

Cholesterol, trace

Sodium, 195 mg

Fiber, 2 grams

Potassium, 140 mg

Calcium, 17 mg

Directions:

Pre-heat oven to 350. Line muffin tin with paper or foil cups, or spray with cooking spray.

In a large bowl combine the flours, sugar, baking soda, cinnamon and salt. Whisk to blend evenly.

In a separate bowl combine the egg substitute, oil, applesauce and vanilla. Stir in the apples, raisins and carrots. Add in the flour mixture and blend just until moistened but still slightly lumpy.

Spoon into muffin cups, fill about 2/3 of the cup. Sprinkle with chopped pecans and bake until spongy to touch, about 35 minutes. Let cool for 5 minutes and then transfer to a wire rack and let cool completely.