

# Morning Glory Muffins

*These quick and easy muffins are a nourishing and delicious breakfast treat full of fiber, protein, and warm spices for a satisfying start to your day!*

| YIELD       | PREP TIME | TOTAL TIME |
|-------------|-----------|------------|
| 12 SERVINGS | 15 MIN    | 45 MIN     |

## INGREDIENTS

|         |  |
|---------|--|
| 2 cups  | Whole Wheat Flour                            |
| 2 tsp   | Baking Soda                                  |
| 2 tsp   | Cinnamon, ground                             |
| 2 tsp   | Ginger, ground                               |
| ½ tsp   | Kosher Salt                                  |
| ½ cup   | Raisins                                      |
| ½ cup   | Walnuts, chopped                             |
| 3 each  | Eggs   |
| 2/3 cup | Light Brown Sugar, lightly packed            |
| ½ cup   | Canola Oil                                   |
| 1 each  | Orange, juiced                               |
| 2 tsp   | Vanilla Extract                              |
| 2 each  | Carrots, peeled and grated<br>(about 2 cups) |
| 1 each  | Apple, granny smith, grated<br>(about 1 cup) |
| ¼ cup   | Shredded Coconut, unsweetened                |

## CHEF'S NOTES

This muffin comes out with a nice domed top, due to starting in a hot oven which helps the muffins rise quickly. Turning the heat down allows the muffin to cook through evenly without getting too brown.

This recipe uses whole wheat flour but has a nice tender texture thanks to all the moisture provided by fiber-rich grated carrot, apple, walnuts, raisins, and coconut. They can be modified with different nuts, and dried fruit. Grated zucchini, canned pineapple, and unsweetened applesauce can also be used in this breakfast muffin.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 425°F and line a 12-cup muffin tin with paper liners.
2. In a large mixing bowl, whisk the flour, baking soda, cinnamon, ginger, and salt together. Using a rubber spatula, mix in the raisins and chopped walnuts. Set aside.
3. In a separate medium mixing bowl, whisk the eggs, brown sugar, oil, orange juice, and vanilla together until smooth. Using a rubber spatula, stir in the grated carrot, apple, and coconut.
4. Pour the wet mixture into the bowl with the dry ingredients and fold gently to combine, just until no streaks of flour remain visible.
5. Using a muffin scoop, divide the batter among the lined muffin cups. The cups should be filled completely.

- Bake for 7 minutes then reduce the oven temperature to 350°F and continue baking for 15 – 20 minutes, until golden brown and a toothpick inserted into the center comes out with a few moist crumbs.
- Let muffins cool for a few minutes in the pan set on a wire cooling rack before removing from the pan to cool completely.

| <b>Nutrition Facts</b>  |                       |
|---|-----------------------|
| 12 servings per container   |                       |
| <b>Serving size</b>   | <b>1 muffin (96g)</b> |
| <b>Amount Per Serving</b>   |                       |
| <b>Calories</b>   | <b>290</b>            |
| <b>% Daily Value*</b>   |                       |
| <b>Total Fat</b> 15g  | <b>19%</b>            |
| Saturated Fat 2.5g  | <b>13%</b>            |
| Trans Fat 0g  |                       |
| <b>Cholesterol</b> 45mg   | <b>15%</b>            |
| <b>Sodium</b> 190mg   | <b>8%</b>             |
| <b>Total Carbohydrate</b> 33g   | <b>12%</b>            |
| Dietary Fiber 4g  | <b>14%</b>            |
| Total Sugars 15g  |                       |
| Includes 8g Added Sugars  | <b>16%</b>            |
| <b>Protein</b> 6g   |                       |
| Vitamin D 0.3mcg  | 2%                    |
| Calcium 80mg  | 6%                    |
| Iron 1.2mg  | 6%                    |
| Potassium 250mg   | 6%                    |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                       |

CONTAINS: EGG, WALNUT, WHEAT

Recipe adapted from *Preppy Kitchen*, Morning Glory Muffins (1/29/26)



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