

MORNING GLORY MUFFINS

These freeze very well...healthy and tasty!!

Mix together:

2c. flour
1 1/4c. sugar
2t. baking soda
2t. cinnamon
1/2t. salt

Add:

2c. grated carrots
1/2c. raisins
1/2c. chopped nuts
1/2c. coconut
1 apple, grated

Stir in:

3 eggs
1c. salad oil
2t. vanilla

Fill paper cups almost to the top. Bake 20 minutes, 325 degrees

