

Morning Glory Muffins

Makes 12

Ingredients:

1 ½ cups Flour
1 tsp. Baking Powder
1 tsp. Baking Soda
½ tsp. Salt
½ tsp. Cinnamon
¼ tsp. Nutmeg
1/8 tsp. Ginger
1/8 tsp. Allspice
¾ cup Brown Sugar
1 Egg
½ cup Buttermilk or Plain Skim Milk Yogurt
¼ cup oil
½ tsp. Vanilla
14 oz. Crushed Pineapple
¼ cup Finely Grated Carrots
½ cup Raisins or Dried Cranberries

Procedure:

- 1 Preheat oven to 400
- 2 Line muffin pan with papers cups
- 3 Using a fork, stir flour with other dry ingredients
- 4 Whisk egg in a medium size bowl with buttermilk, oil and vanilla
- 5 Stir in Pineapple
- 6 Pour into flour mixture and stir just until combined.
- 7 Stir in carrots and raisins. Spoon batter into muffin cups
- 8 Bake 15-17 minutes or until a toothpick comes out clean.