

Oma's Morning Glory Muffins



My late mother, aka Oma, used to say "you could live on these!" because they were so full of good ingredients. When my two boys were ski racing in college, she would bring these to the ski lodges at the base of the race courses, and the racers would all converge on Oma asking for one of her muffins! Oma passed in June of this year, and we all miss her dearly. \sim Nancy

INGREDIENTS

1/2 cup flour

1 cup brown sugar

2 tbsp baking soda

2 tbsp cinnamon

1/2 tbsp salt

2 cups shredded carrot

1 cup shredded apple

3/4 cup craisins

1/3 cup chopped pecans

1/4 cup sweetened coconut

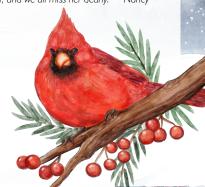
1 (8 oz.) can crushed pineapple - drained

2 tbsp vanilla

2/3 cup vegetable oil

4 large eggs

Continued on reverse



Oma's Morning Glory Muffins continued

DIRECTIONS

Line a cupcake pan with papers and spray with Pam. Stir together flour, sugar, baking soda, cinnamon and salt. Stir in carrot, apple, craisins, pecans, coconut and drained pineapple. Make a well in the center of the mixture. Combine oil, vanilla and eggs, and stir into the well in the flour mixture. Bake for 25 to 30 minutes.

