



Morning Glory Oat Muffins

Adapted from Honey & Jam

BAH Note: I used the shredding disk on my food processor to grate the carrots and apple which worked but definitely gave a chunkier consistency to my muffins. If you loathe the box grater as much as I do, don't fret over not getting them finely grated. The muffins might not look as pretty as Hannah's but they'll taste just fine. After filling the paper lined muffin tins, I still had some batter left over so I baked it off in two ramekins. Truth be told, I think it would work just as well, and maybe be a little less trouble, to bake these in ramekins because I had a heck of a time getting the muffins out of the tin. You may even try baking this in an 8 or 9 inch cake pan and forget about muffin tins and ramekins completely.

BAH Tip: To make this truly South Beach Friendly, substitute Splenda Brown Sugar blend for the brown sugar.

- 1 cup whole wheat flour
- 3/4 cup old fashioned oats
- 3/4 cup brown sugar
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 2 cups carrots, peeled and grated
- 1 large apple, peeled, cored, and grated
- 1/2 cup shredded coconut, sweetened or unsweetened
- 1/2 cup raisins
- 3 large eggs
- 2/3 cup unsweetened apple sauce
- 2 teaspoons vanilla extract
- 1/4 cup orange juice

Heat the oven to 375 degrees and line a 12 cup muffin tin with paper liners that have been lightly sprayed with cooking spray.

Place the flour, oats, brown sugar, baking soda, cinnamon, and salt in a large bowl and use your hands to get them well combined. Add the carrots, apple, coconut and raisins and use a spatula to get them fully incorporated into the dry ingredients.

In a separate bowl, whisk together the eggs, apple sauce, vanilla, and orange juice. Add the liquid to the flour mixture and stir just until evenly moistened.

Scoop the batter into the liners, filling almost to the top. Bake for 20 to 25 minutes, until slightly puffed and a cake tester inserted in the center comes out clean. Cool in the pan for 5 minutes and then turn them out of the pan to cool completely. If baking the batter in glass ramekins, removing them from the ramekin to cool completely is not necessary.

morning glory oat muffins was posted by wendi on 1 june 2010 at bonappetithon.com