

# Morning Glory Muffins

## Ingredients

- 1 1/4 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground cloves
- 1 cup quick-cooking oats, uncooked
- 1/3 cup non-fat milk
- 3/4 cup applesauce, unsweetened
- 1/4 cup brown sugar
- 1/4 cup molasses
- tbspcanola oil
- 1 large egg
- 3 medium carrots, shredded
- 1/2 cup raisins

## Instructions

Serves: 12 muffins

Oven: 400 degrees. pre-heated

## Summary

**Yield:** 12

**Source:** Priscilla Warnke  
adapted from Good  
Housekeeping Magazine

**Prep Time:** 20 minutes

**Category:** Breads

Rating: Unknown

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Grease 12 standard muffin-pan cups or line with fluted paper cups. In a large bowl, whisk together flour, baking powder, baking soda, salt and cinnamon; stir in oats. In medium bowl, with fork, mix milk, applesauce, brown sugar, molasses, oil and egg until blended; stir in carrots and prunes. Add applesauce mixture to flour mixture; stir just until flour is moistened (batter will be lumpy).

Spoon batter into prepared muffin-pan. Bake 23 to 25 minutes or until toothpick inserted in center of a muffin comes out clean. Immediately remove muffins from pan. Serve warm, or cool on a wire rack to serve later.