



210-842-3008  
brenda@ahealthwarrior.com

## Brenda Morgan's Morning Glory Muffins

Here is the recipe that I created for my Morning Glory Muffins. I love this recipe. My family and all of my friends can't get enough of them.

I hope that you enjoy them. They are super nutritious and delicious. 😊

1 C. Flaxseed ground  
1 C. Whole Wheat Flour  
1 C. Oat Bran  
3/4 C. (or less) Brown Sugar (You could use 1/2 cup of sugar.)  
2 tsp Baking soda  
1 tsp Baking Powder  
1/2 tsp salt  
1-2 Tbsp Cinnamon (depending on how much you like)  
1 1/2 C. Shredded Carrots  
2-3 Apples, cored & chopped or shredded, (~2-2.5 cups)  
3/4 C. Chopped Pecans or Walnuts  
3/4 C. Raisins or Cranberries  
3/4 C. 2% Milk (or I like to use Plain Kefir)  
2 Eggs beaten  
1 tsp Vanilla  
1/4 cup Molasses

Mix flour, flaxseed, bran, sugar and dry ingredients together. Shred carrots and apples and add these along with optional raisins and nuts to dry ingredients. Mix well. Stir together milk, eggs, molasses and vanilla, and stir into batter until well moistened. Fill muffin tins 3/4 full and bake at 350 for 20-25 minutes or until toothpick inserted comes out clean.

Makes 24 muffins.

Freeze them in ziplock bag, and pull out one in the morning and microwave for 15 sec. for a breakfast on the go. I love to eat these with peanut butter.

Approx. 150 Cals each, Fat 4.9g, Carb. 23.5g, Protein 3.5g

If you prefer a recipe with no sugar, you can use granulated Xylitol instead of brown sugar. It works wonderfully.

(After typing all of this, I want one right now.) ENJOY!