

Makeover Morning Glory Muffins
Taste of Home's light and tasty Annual Recipes 2006

1 cup all-purpose flour
1 cup whole wheat flour
¾ cup ground flaxseed
¾ cup sugar
2 ¾ teaspoons baking powder
2 teaspoons ground cinnamon
¾ teaspoon salt
¼ teaspoon baking soda
4 egg whites
1 egg
½ cup unsweetened applesauce
1/3 cup orange juice
¼ cup canola oil
2 teaspoons vanilla extract
2 cups grated carrots
½ cup chopped pecans
½ cup flaked coconut
½ cup raisins
1 medium tart apple, peeled and shredded

In a large bowl, combine the first eight ingredients. In another bowl, beat egg, egg whites, applesauce, juice, oil and vanilla. Stir into dry ingredients just until moistened. Fold in carrots, nuts, coconut, raisins, and apple.

Coat muffin cups with non stick cooking spray or use foil liners; fill three fourths full. Bake 350 degrees for 15-18 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. Yield: 1 ½ dozen

Nutritional Analysis: 1 muffin equals 203 calories, 9 g fat (2 g saturated fat), 12 mg cholesterol, 207 mg sodium, 29 g carbohydrate, 4 g fiber, 5 g protein.
Diabetic Exchange: 2 starch, 2 fat

Prep time: 25 minutes Bake time: 15 minutes