

## Morning Glory Muffins (Carrot Nut Muffins)

- 1 1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1 1/4 cups white sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup chopped walnuts
- 2 tablespoons toasted wheat germ
- 2 cups grated carrots
- 1 apple - peeled, cored, and chopped
- 3 eggs
- 1/2 cup unsweetened applesauce
- 1/4 cup canola oil
- 1 tablespoon vanilla extract

Preheat oven to 375° degrees F (190 degrees C). Lightly oil 18 muffin cups, or coat with nonstick cooking spray.

In a medium bowl, whisk together eggs, applesauce, oil and vanilla.

In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda, salt, walnuts, and wheat germ. Stir in carrots, and apples. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.

Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

Enjoy! These muffins freeze well.