



MORNING GLORY MUFFINS

YIELDS: 12 TO 14 REGULAR OR 6 TO 7 LARGE BAKERY SIZED MUFFINS

These hearty muffins are a perfect start to the day. A great portable snack packed full of dried fruit, nuts, warm spices and tropical pineapple.

Tip: Add topping to make these even better! Whether it be decorating with a simple glaze; or sprinkle the tops with a



Ingredients

- 1 banana, mashed (approx 120g)
- 100g carrots, grated
- 120g canned pineapple, chopped finely (drain & reserve juice from the can)
- 140g brown sugar
- 70g neutral tasting oil
- 60g non dairy yogurt
- 100g non dairy milk
- 15g ground flax seed
- 2 tbsp reserved pineapple juice (or water)
- 5g vanilla extract or seeds from 1 vanilla bean
- 140g Anita's Organic All Purpose White Spelt Flour
- 140g Anita's Organic Einkorn Flour
- 8g baking powder
- 2g baking soda
- 4g salt
- 5g cinnamon or pumpkin spice
- 100g walnuts or pecans, chopped
- 100g raisins or dried cranberries

Instructions

1. Preheat the oven to 350F and line a muffin tin with muffin cups.
2. In a large bowl mix together the banana, carrots, pineapple, sugar, oil, yogurt, milk, flax, pineapple juice and vanilla extract.
3. In a medium bowl sift together the flours, baking powder, baking soda, cinnamon and salt.
4. Add the dry ingredients to the wet and mix together until just mixed. Add the chopped nuts and dried fruit and fold in until evenly combined.
5. Scoop the mixture evenly into the muffin cups and bake in the oven for 20 to 30 minutes (depending on the size of your muffins).
6. Insert a toothpick in the centre of the muffins to check they are done. If it comes out clean remove from the oven and allow to cool in the tin for 10 minutes before transferring to a wire rack to cool completely.

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