

# Morning Glory Muffins

Yield: 12 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/wheat-germ-indian-recipe>

## Ingredients:

- 2/3 cup raisins
- 2 cups flour King Arthur White Whole Wheat, or Whole Wheat Flour, spooned and leveled
- 1 1/8 cups light brown sugar packed
- 2 teaspoons baking soda
- 1 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 cups carrots peeled and grated, you'll need 4-5 large carrots
- 1 tart apple large, such as Granny Smith, peeled, cored and grated
- 1/2 cup shredded coconut sweetened or unsweetened
- 2/3 cup chopped walnuts
- 1/3 cup wheat germ
- 3 large eggs
- 2/3 cup vegetable oil
- 2 teaspoons vanilla extract
- 1/4 cup orange juice

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 55 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 360 milligrams
9. Sugar: 28 grams

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