

One-Bowl Morning Glory Muffins

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/one-bowl-turkish-recipe>

Ingredients:

- 1/2 cup whole wheat flour
- 1/2 cup all purpose flour
- 3/4 cup brown sugar packed
- 1 tablespoon baking powder
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 3/4 cup unsweetened applesauce
- 1/2 cup coconut oil melted
- 1 apple shredded
- 1 tablespoon vanilla extract
- 2 cups grated carrot about 3 medium
- 1/2 cup raisins
- 1/2 cup flaked coconut
- 1/2 cup walnuts chopped

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 88 grams
3. Fat: 41 grams
4. Fiber: 9 grams
5. Protein: 7 grams
6. SaturatedFat: 27 grams
7. Sodium: 1400 milligrams
8. Sugar: 51 grams

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