

Morning Glory Oat Muffins

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-apple-pecan-carrot-cake-recipe>

Ingredients:

- 1/2 cup raisins
- 1 cup whole wheat flour
- 3/4 cup old fashioned oats
- 3/4 cup brown sugar
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 2 cups carrots peeled and grated
- 1 apple large, peeled, cored, and grated
- 1/2 cup shredded coconut sweetened or unsweetened
- 1/2 cup chopped pecans
- 1/3 cup wheat germ optional
- 3 large eggs
- 2/3 cup apple sauce unsweetened
- 2 teaspoons vanilla extract
- 1/4 cup orange juice
- demerara sugar for topping

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 119 grams
3. Cholesterol: 160 milligrams
4. Fat: 20 grams
5. Fiber: 14 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams
8. Sodium: 1130 milligrams
9. Sugar: 60 grams

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