



THE J.M. SMUCKER CO.

Morning Glory Muffins

Prep Time **Cook Time** **Serves** **Difficulty**

15 mins 30 mins 15 N/A

Ingredients

- 1 1/4 cups (300 mL) **Robin Hood®** Whole Wheat Flour
Robin Hood® Whole Wheat All Purpose Flour
- 1/2 cup (125 mL) **Robin Hood®** Oats
Robin Hood® Quick Oats
- 1/4 cup (50 mL) natural bran
- 1 cup (250 mL) packed brown sugar
- 2 tsp (10 mL) baking soda
- 2 tsp (10 mL) cinnamon
- 1/4 tsp (1 mL) salt
- 3 eggs
- 1/2 cup (125 mL) Vegetable Oil
- 2/3 cup (150 mL) mashed banana (about 2 bananas)
- 2 cups (500 mL) grated carrot
- 1 apple, grated
- 1/2 cup (125 mL) raisins
- 1/2 cup (125 mL) chopped dried apricots
- 1/2 cup (125 mL) shredded coconut
- 3 tbsp (45 mL) flax seeds

Directions

Step 1:

Preheat oven to 350°F (180°C). Line with paper liners or grease 12 muffin cups.

Step 2:

Combine flour, oats, bran, sugar, baking soda, cinnamon and salt in a small bowl. Beat remaining ingredients together in large bowl. Stir in dry ingredients. Mix well.

Step 3:

Spoon into greased muffin cups.

Step 4:

Bake in preheated oven for 25 to 30 minutes. Cool 5 minutes in pans, then remove to wire cooling rack.

Images

