



# FUN FALL MUFFINS

*Get the comfort of fall in your mouth with this take on a morning glory muffin. It's moist, delicious, and perfect for breakfast, dessert, or a snack.*



PREP TIME  
15 MIN



COOK TIME  
20 MIN



SERVINGS  
12 MUFFINS

## Instructions

1. Preheat the oven to 400°F and either line muffin tin with paper liners or spray with oil.
2. Mix dry ingredients: In a large bowl, combine/whisk flours, sugar, baking powder + soda, spices, and salt.
3. Mix wet ingredients: In another bowl, whisk together applesauce, oil, apple, and vanilla.
4. Combine the wet and dry ingredients, stirring just until blended.
5. Fold in the other ingredients: carrots, raisins, and optional nuts.
6. Pour batter into the muffin tin/cups.
7. Bake for 10 minutes at 400°F. Then reduce heat to 300°F and bake until a toothpick inserted in the center comes out clean. If needed, bake muffins for an additional 3 minutes and repeat until done.
8. Cool in the pan for 5-10 minutes, then transfer to a wire rack to cool completely.

### Notes:

- If you prefer a less sweet muffin, add ½ cup brown sugar instead of ¾ cup. Feel free to try other dried fruit instead of raisins.
- Storage: Store the muffins in an airtight container at room temperature for up to 3 days or refrigerate for up to a week.

## Ingredients

### DRY INGREDIENTS:

- 1 ¼ cups whole wheat flour
- ½ cup all-purpose flour
- ¾ cup brown sugar
- 1 tbsp baking powder
- 2 tsp baking soda
- 2 tsp ground cinnamon
- ½ tsp ground ginger
- ½ teaspoon salt

### WET INGREDIENTS:

- ¾ cup unsweetened applesauce
- ½ cup oil
- 1 large apple, shredded
- 1 tbsp vanilla

### OTHER INGREDIENTS:

- 1 cup carrots, grated
- ½ cup raisins
- ½ cup walnuts, chopped (optional)