



## MORNING GLORY MUFFINS

Makes 1 dozen

Preheat oven to 400°F

### INGREDIENTS:

¾ cup EACH, flour, whole wheat flour AND brown sugar

1 tsp. each baking powder AND baking soda

1/8 tsp EACH ground ginger AND allspice

½ tsp EACH salt AND cinnamon

¼ tsp nutmeg

1 egg AND ½ cup buttermilk (or sour milk with lemon)

¼ cup canola oil AND 1 tsp vanilla

1 can (14oz/398ml) crushed pineapple, well drained

1 cup grated carrot AND ½ cup raisins

### DIRECTIONS:

Preheat oven to 400°F. Grease a 12 cup muffin tin. In a large bowl, combine all of the dry ingredients and mix well. In another bowl, whisk together the egg, buttermilk, oil and vanilla. Add the wet to the dry and stir until just barely combined. Add pineapple, carrot, raisins and again, stir until just combined. Distribute the batter evenly among the 12 cups and bake for about 15 minutes or until toothpick comes out clean.

**NOTES TO THE RECIPIENT:** (ie//best served with/cooked/uncooked/how long to heat/etc)

**Date Prepared (dd/mm/yyyy):** \_\_\_\_\_

**Please print off this page, write down the date the food was prepared,  
attach this page to the container, and drop it off at the church office.  
Thank you in advance!**