



April
CARROTS



EatingWell



COCONUT-CARROT MORNING GLORY MUFFINS

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Coconut-Carrot Morning Glory Muffins

ACTIVE: 20 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Individually wrap in plastic and store at room temperature for up to 3 days or freeze for up to 3 months.

1 cup whole-wheat or white whole-wheat flour	1 cup unsweetened applesauce
½ cup old-fashioned rolled oats plus 2 Tbsp., divided	⅓ cup honey
2 tsp. baking powder	2 tsp. vanilla extract
2 tsp. ground cinnamon	¼ cup coconut oil (<i>see Tip</i>), melted if necessary
½ tsp. salt	2 cups shredded carrots
¼ tsp. ground allspice	½ cup unsweetened shredded coconut plus 2 Tbsp., divided
2 large eggs	½ cup raisins

1. Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray.
2. Whisk whole-wheat flour, ½ cup oats, baking powder, cinnamon, salt and allspice in a medium bowl.
3. Whisk eggs, applesauce, honey and vanilla in a large bowl. Whisk in coconut oil. Gently stir in the flour mixture just until moistened. Fold in carrots, ½ cup coconut and raisins.
4. Divide the batter among the muffin cups. Sprinkle with the remaining 2 tablespoons each oats and coconut.
5. Bake the muffins until they spring back when lightly touched and a toothpick inserted in the center comes out with only moist crumbs attached, 30 to 35 minutes. Let stand in the pan for 10 minutes before turning out onto a wire rack. Serve warm or at room temperature.

MAKES: 1 DOZEN MUFFINS

Calories 186, Fat 8g (sat 6g), Cholesterol 31mg, Carbs 28g, Total sugars 15g (added 8g), Protein 4g, Fiber 3g, Sodium 206mg, Potassium 193mg. Nutrition bonus: Vitamin A (62% daily value).

TIP: Look for coconut oil, in jars or tubs, near other cooking oils. It is solid at temperatures below 76°F. To melt solidified coconut oil, remove the lid and place the container in a bowl of very hot water; stir frequently until melted.