



April 14- Morning Glory Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=805197>

Recipe

Ingredients:

- 1 ¼ cup Splenda
- 2 ¼ cup whole-wheat flour
- 1 Tablespoon cinnamon
- 2 teaspoon baking soda
- ½ cup coconut
- ¾ cup raisins
- 2 apples
- 8-ounce can crushed pineapple (drain juice)
- 2 cups grated carrots
- 3 large eggs
- 1 cup low-fat milk

Directions:

1. Preheat oven to 350°F.
2. Mix all ingredients in one bowl. Make a well in the dry ingredients and add all ingredients to center of bowl; mix well.
3. If too dry, add 2 Tablespoons milk.
4. Line a muffin tray with muffin papers and bake for 30-35 minutes.

Yield 18 servings

Nutrition Facts

Serving Size 1 muffin (104.47g)
Servings Per Container 18

Amount Per Serving

Calories 180 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **11%**

Sodium 170mg **7%**

Total Carbohydrate 36g **12%**

Dietary Fiber 3g **13%**

Sugars 22g

Protein 4g **8%**

Vitamin A 45% • Vitamin C 4%

Calcium 6% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.