April 14- Morning Glory Muffins
Smart Snack

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