

MORNING GLORY MUFFINS

From Phebe Meyer

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Preheat oven to 350°

4 cups carrots, shredded	5 tsp. cinnamon
4 cups flour	1 cup raisins
2 cups sugar	6 eggs
4 tsp. Baking soda	1 cup sunflower seeds (or any nut)
4 tsp. Baking powder	1 cup coconut (optional)
1 cup oil	½ cup crushed pineapple with juice
1 cup applesauce	

Measure flour, baking soda, baking powder and cinnamon into a bowl and set aside.

Beat oil, sugar, eggs and applesauce together until light in color. Add the flour mixture, beating until well blended. Add the carrots, pineapple, sunflower seeds, and coconut until well mixed.

Place in muffin tins lined with cupcake papers. Bake for 25 minutes (check after 20 minutes) until lightly browned. Cool. May be iced with the following Cream Cheese Icing.

MAKES APPROX. 3 ½ DOZEN MUFFINS.

Note: This may also be baked in a 9 x 12 pan for 40-45 minutes. Test the center with a toothpick to be sure it is done.

You may use the following Cream Cheese Icing to ice the muffins, or leave them plain.

CREAM CHEESE ICING

1 lb. Pure Confectioners sugar (sifted)
3 oz. Cream Cheese (may use light)
2 Tbs. stick margarine (light has too much water)
2 tsp. Vanilla

Beat margarine and cream cheese together until light and fluffy. Add vanilla and beat until well blended. Gradually add the confectioner sugar until fluffy. Frost cooled muffins or cake.