



## Recipe: Morning Glory Muffins



### Morning Glory Muffins

1 C oats, finely ground  
1/2 C whole wheat flour  
1/2 C white flour  
1/2 tsp salt  
3/4 C egg substitute  
1 C sugar  
1/2 C unsweetened applesauce  
2 Tbsp canola oil  
3/4 C Coca-Cola®  
1 1/2 tsp vanilla  
2 C finely grated carrots  
1/2 C finely grated zucchini  
1/2 C raisins  
1/4 C chopped nuts (optional)

Mix together dry ingredients. In a separate bowl, Whisk together egg substitute, sugar, applesauce, oil, Coke®, and vanilla. Gently fold wet and dry ingredients together. Fold in grated veggies, raisins and nuts until just combined, being careful not to over mix. Spoon batter into a nonstick muffin tin and bake at 350 for 20 minutes.

-- Submitted by Jenna C. Haldeman of Tigard, Oregon