

FOOD

Morning Glory Muffins

Baked with the goodness of carrots, apples and raisins, these morning muffins make the perfect start to your day. They pack a nutritional punch and make satisfying breakfast staples or quick snacks. 18 servings.

Ingredients

- 1-1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- 1-1/4 cups sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 cups grated carrots
- 1 apple - peeled, cored, and chopped
- 1 cup raisins
- 1 egg
- 2 egg whites
- 1/2 cup apple butter
- 1/4 cup vegetable oil
- 1 tablespoon vanilla extract
- 2 tablespoons chopped walnuts
- 2 tablespoons toasted wheat germ

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Lightly oil 18 muffin cups, or coat with non-stick cooking spray.



In a medium bowl, whisk together eggs, egg whites, apple butter, oil and vanilla.
 2. In a large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda and salt. Stir in carrots, apples and raisins. Stir in apple butter mixture until just moistened. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.
 3. In a small bowl, combine walnuts and wheat germ; sprinkle over the muffin tops.
 4. Bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.

Apple Butter

Elevate hot buttered toast to new heights with this sweet spread of apple butter. Made with sweet apple cider, cooking apples and brown sugar, it's a quick and delicious breakfast treat. 40 servings, 20 minutes preparation, 2 hours and 10 minutes cooking time.

Ingredients

- 4 cups apple cider
- 4 pounds cooking apples - peeled, cored, and thinly sliced
- 2 cups white sugar
- 1 cup packed brown sugar

Instructions

1. In a 5 quart saucepan, bring apple cider and apples to a boil. Reduce heat. Cover and, stirring often, simmer 10 minutes, or until the apples are very tender.



2. Sieve the mixture through a strainer or food mill, then return to simmer in the saucepan.

3. Stir sugar and brown sugar into the mixture. Simmer uncovered 2 hours, stirring often, until the mixture reaches a spreadable consistency.

4. Transfer to sterile containers and refrigerate or freeze until serving.

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