



# The 1828 Trail Inn

## Morning Glory Muffins

**Yield: Approximately 2 ½ dozen**

### *Ingredients*

- 4 c flour**
- 2 ½ c sugar**
- 4 tsp baking soda**
- 4 tsp cinnamon**
- 1 tsp salt**
- 2 c vegetable oil**
- 6 eggs, lightly beaten**
- 4 tsp vanilla extract**
- 4 c grated apple \***
- 1 c raisins**
- 1 c flaked coconut**
- 1 c shredded carrots \***
- 1 c chopped walnuts**

### *Directions*

- 1. Combine flour, sugar, baking soda, cinnamon, & salt.**
- 2. Mix oil, eggs, & vanilla. Stir mixture into dry ingredients until just moistened.**
- 3. Fold in apples, raisins, coconut, carrots, & nuts.**
- 4. Fill greased muffin tins 2/3 full.**
- 5. Bake at 350 degrees for 25 - 30 minutes, or until done.**

**\* We usually grate apples the night before, soaking in salt water until morning; shred carrots & soak in cold water overnight.**



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