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.