



**Breakfast | Snack** 

# **Morning Glory Muffins**

**20-30 Mins Prep Time** 

30 Mins **Cook Time** 

**Servings** 

3g Protein

230 Calories 13g Fat 27g Carbs



## **Ingredients**

24 Servings • 1 Muffin Serving Size

**②** 50-60 Mins Total Time **○** Allergens: Gluten, Nuts, Eggs

1 Cup Vegetable Oil	1/2 Cup Sweetened Shredded Coconut
3 Eggs	1/2 Cup Raisins
2 Tsp Vanilla Extract	2 1/4 Cups White Whole Wheat Flour
2 Cups Grated Carrots 🖤	<b>1 Cup</b> Granulated Sugar, for this recipe we used cane sugar
1 Granny Smith Apple, grated 🖤	1 Tbsp Ground Cinnamon 🖤
1 (8oz) Can Crushed Pineapple in 100% Juice, drained	2 Tsp Baking Soda
½ Cup Chopped Walnuts	1 Tsp Kosher Salt

### **Allergen Swap**

Gluten Replace the white whole wheat flour with a gluten-free version.

Nuts Replace the walnuts with sunflower seeds.

Eggs Replace the eggs with an egg replacer such as ground flax or chia seeds (For one egg mix 1 Tbsp seeds with 3 Tbsp water).

#### **Nourishment Note**



### Apples

Green apples contain certain nutrients that can help promote healthy bones. In severe forms of RA, bone health may become effected.



### Pineapple

Pineapple contains a variety of nutrients important to helping support the immune system and decrease inflammation throughout the body caused by rheumatoid arthritis.



### **(7)** Carrots

Carrots contain vitamin A and potassium. Vitamin A is important in strengthening the immune system and building healthy cells, and potassium is a key nutrient that can be low as a result of a flare.



### **Cinnamon**

Cinnamon may help lower inflammation and help reduce symptoms associated with rheumatoid arthritis.



### **Walnuts**

Walnuts are one of the few plant-based sources of omega-3 fatty acids. This type of fat is important for heart and brain health, as well as reducing inflammation associated with rheumatoid arthritis.



### White Whole Wheat Flour

White whole wheat flour is made with a different variety of wheat. It contains essential nutrients such as fiber, that help to promote a healthy digestive tract as well as support good heart health.





### **Instructions**

#### 1. Preheat Oven & Line Muffin Tins

Preheat the oven to 350°F. Line the muffin tins with muffin papers and set aside.

### 2. Combine Wet Ingredients

In a large mixing bowl, whisk together the vegetable oil, eggs and vanilla extract. Stir in the carrots, apple, pineapple, walnuts, coconut and raisins.

### 3. Combine Dry Ingredients

In a small mixing bowl, combine the flour, sugar, cinnamon, baking soda and salt. Add the dry ingredients to the wet and stir until just combined.

### 4. Scoop Mixture Into Muffin Cups

If available, use a cookie or ice cream scoop to scoop mixture into the prepared muffin cups. Batter should not overfill the muffin cup.

### 5. Bake Muffins

Bake for 30 minutes, rotating the pans half-way through baking to ensure all muffins are baked evenly. Muffins are done when golden brown on the top and a toothpick inserted comes out clean.

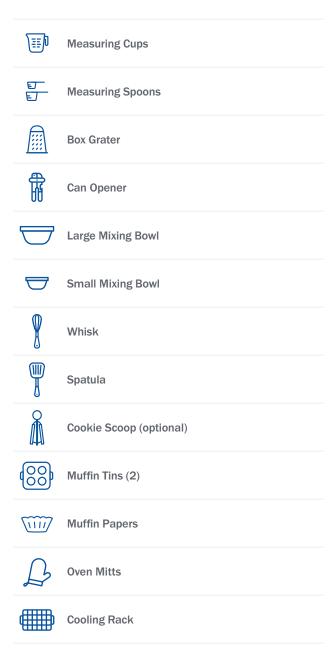
### 6. Let Cool & Enjoy

Allow muffins to cool on a cooling rack. Enjoy warm or at room temperature.

### **RA Cooking Tips**

- The batter can be made a day in advance and stored in the refrigerator. Scoop batter and bake the muffins the next day.
- · Freeze extra muffins to enjoy when energy levels are low.
- · Ask a friend or family member to help prepare this recipe.
- Use a shredder attachment on a food processor to grate the carrots and apple.

### **What You'll Need**



Recipe adapted from Food Network Magazine