

Breakfast | Snack

Morning Glory Muffins

20-30 Mins
Prep Time

30 Mins
Cook Time

24
Servings

230 Calories **13g Fat** **27g Carbs** **3g Protein**

Ingredients

24 Servings • 1 Muffin Serving Size

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

1 Cup Vegetable Oil	½ Cup Sweetened Shredded Coconut
3 Eggs	½ Cup Raisins
2 Tsp Vanilla Extract	2 ¼ Cups White Whole Wheat Flour
2 Cups Grated Carrots	1 Cup 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.



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. Wash Hands

Wash hands with soap and water.

2. Preheat Oven & Line Muffin Tins

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

3. 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.

4. 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.

5. 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.

6. 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.

7. Let Cool & Enjoy

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

8. Wash Hands

Wash hands with soap and water.

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



Measuring Cups



Measuring Spoons



Box Grater



Can Opener



Large Mixing Bowl



Small Mixing Bowl



Whisk



Spatula



Cookie Scoop (optional)



Muffin Tins (2)



Muffin Papers



Oven Mitts



Cooling Rack

Recipe adapted from [Food Network Magazine](#)