

Everything Muffins

1 ½ cups of whole wheat flour (you can substitute a gluten free flour)
½ cup of rolled oats
½ cup of brown sugar
1 tsp. of salt
1 tsp. of baking powder
2 tsp. of cinnamon
1 tsp. of ginger
¼ tsp. of ground cloves
½ cup of raisins
½ cup of chopped pecans or walnut
2 eggs
2 tsp. vanilla
½ cup of shredded carrots
½ cup of shredded zucchini
1 tsp. grated orange peel
1 cup of applesauce
½ cup of crushed pineapple
½ cup of unsweetened coconut
(whew...this is a lot of good stuff in one muffin)

1. Preheat oven to 350 degrees and grease muffin tins
2. In large bowl combine flour, oats, brown sugar, salt, baking powder and spices – mix lightly
3. Stir in raisin and nuts and set aside
4. In a separate medium bowl beat eggs until frothy
5. Stir in vanilla, carrots, zucchini, orange zest, applesauce, pineapple and coconut

6. Add wet mixture to dry mixture and stir until just combined - DO NOT overmix
7. Fill muffin tins $\frac{3}{4}$ full and bake for about 25 minutes