**Morning Gloryous Muffins\**

375 mL flour

180 mL whole wheat flour

10 mL baking soda

10 mL cinnamon

2 mL nutmeg

2 mL salt

250 mL well-drained crushed pineapple

250 mL carrots, peeled and finely grated

125 mL unsweetened applesauce

125 mL packed brown sugar

60 mL vegetable oil

1 egg

5 mL vanilla

125 mL unsweetened shredded coconut

125 mL raisins (optional)

80 mL chopped walnuts or pecans (optional)

1. Preheat oven to 375 F. Spray a 12-cup muffin tin with cooking spray and set aside.
2. In a large bowl, combine dry ingredients (both flours, baking soda, cinnamon, nutmeg and salt). Mix well and set aside.
3. In a medium bowl, whisk together wet ingredients (pineapple, carrots, applesauce, brown sugar, oil, egg and vanilla).
4. Make a well in the dry ingredients. Add wet ingredients all at once to dry ingredients. Stir until just moistened. Gently fold in coconut, raisins and nuts.
5. Divide batter evenly among 12 muffin cups. Bake for 20 minutes or until wooden toothpick inserted in center of muffin comes out clean (golden brown, springs back, pulls away from the sides of the pan and smells good!). Cool in pan for 5-10 minutes before removing.