# Morning Glory Muffins (vegan)

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 1/3 C Whole Wheat Flour
- 3/4 C Brown Sugar
- 1 1/2 tsp Baking Soda
- 1 1/2 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Salt
- 1 Whole Banana, mashed
- 1/3 C oil
- 1 Apple, skinned, cored, and diced
- 1/2 C Raisins
- 3 Medium sized carrots, grated
- 1/2 C Walnuts or nuts of your choice

## Instructions

Mix together all dry ingredients. Add in wet ingredients and mix well. Pour into muffin pan and bake at 350 F for about 30 minutes. Yields 6 muffins.

**You may substitute applesauce for the oil to make a low fat muffin, but it doesn't taste as good**