

Morning Glory Muffins

- (1) $\frac{1}{4}$ cups flour
1 tea baking powder
 $\frac{1}{2}$ tea baking soda
 $\frac{1}{2}$ tea salt
 $\frac{1}{2}$ " cinnamon
1 cup oats rolled
(2) $\frac{1}{3}$ cup skim milk

- $\frac{2}{3}$ cup unsweetened
applesauce
 $\frac{1}{4}$ cup brown sugar packed
(2) $\frac{1}{4}$ cup molasses
2 Tbsp canola oil
3 med carrots shredded
($1\frac{1}{2}$ cups)
 $\frac{1}{2}$ cup chopped dried pears

Which together dry ingreds. (1)

Mix wet ingreds (2)

Add # (1) to # (2) stir just to moisten, batter
will be lumpy. Spoon in muffin tins

400F° - 23 to 25 mins

12 muffins - 165 calories ea. muffin