

SUNSHINE MUFFINS

2 Cups wholewheat flour	1/3 cup grated apple
3/4 cup sugar or less	1/3 cup cunflower seeds
2 tsp b. soda	1/3 cup choc. or buttersct chipits
1 tblspeon cinnamon	^{1/3 ✓ COCONUT} 1 banana mashed
1 cup grated carrot	3 eggs
1 cup grated zuchinni	1 cup oil
	2 tsp vanilla

Combine dry ingredients, add remainder of ingredients, stir until well blended.

Bake in muffin tines or loaf pan.

Phyliss