

# Apples



About 2,500 known varieties of apples are grown in the U.S. Apples are high in soluble fiber, potassium, vitamin C and folate. The soluble fiber in apples can help lower cholesterol and is shown to help decrease the risk of type 2 diabetes, Parkinson's, Alzheimer's, and many types of cancers!

**Morning Glory Muffins**      makes 12 muffins

## Ingredients

2 cups all-purpose flour	1 1/4 cups white sugar
2 teaspoons baking soda	2 teaspoons ground cinnamon
1/4 teaspoon salt	2 cups shredded carrots
1/2 cup raisins	1/2 cup chopped walnuts
1/2 cup unsweetened flaked coconut	1 apple - peeled, cored and shredded
3 eggs	1 cup vegetable oil
2 teaspoons vanilla extract	

## Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups, or line with paper muffin liners.
2. In a large bowl, mix together flour, sugar, baking soda, cinnamon, and salt. Stir in the carrot, raisins, nuts, coconut, and apple.
3. In a separate bowl, beat together eggs, oil, and vanilla. Stir egg mixture into the carrot/flour mixture, just until moistened. Scoop batter into prepared muffin cups.
4. Bake in preheated oven for 20 minutes, until a toothpick inserted into center of a muffin comes out clean.