



FRUIT N SPICE MUFFINS

Makes 12 servings | Serving size: 1 muffin

PREP TIME

5 min

COOK TIME

20 min

TOTAL TIME

25 min

Muffins are a great make-ahead breakfast. I like to pair mine with a glass of milk or Greek yogurt for a balanced breakfast full of protein, whole grains, and fruit.



Ingredients

- 1¾ cup whole wheat flour
- ½ cup brown sugar
- ½ cup quick oats
- ½ cup golden raisins
- ½ cup shredded carrots
- ⅓ cup chopped prunes
- ¾ cup chopped pecans
- 1 tablespoon cinnamon
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon cardamom
- ½ teaspoon salt
- 2 large eggs
- ¾ cup nonfat, plain Greek yogurt
- ¾ cup unsweetened applesauce
- 1 tablespoon freshly-grated ginger
- 1 teaspoon vanilla extract

Directions

1. Preheat oven to 350°F and line or grease muffin tin.
2. In a large bowl, mix dry ingredients, fruit and carrots until well combined.
3. In a separate bowl, mix eggs, yogurt, applesauce, grated ginger, and vanilla until fully incorporated.
4. Stir wet and dry ingredients together, but do not overmix.
5. Spoon batter into muffin tin, filling to the top.
6. Bake 20 minutes until a toothpick comes out clean.
7. Allow to cool for 5 minutes in the pan, then transfer to a cooling rack.
8. Enjoy warm or store in an airtight container. (These also freeze well.)