

### **Morning Muffins**

1 ½ cups all-purpose flour	1 apple-peeled, cored, and chopped
½ cup whole wheat flour	1 cup raisins
1 ¼ cups white sugar	½ cup chopped nuts
1 tablespoon ground cinnamon	1 egg
2 teaspoons baking powder	2 egg whites
½ teaspoon baking soda	½ cup apple butter or apple sauce
½ teaspoon salt	¼ cup vegetable oil
2 cups grated carrots	1 tablespoon vanilla extract

Preheat oven to 375 degrees F. Line 18 muffin cups with liners or coat with nonstick cooking spray. In a medium bowl, whisk together eggs, egg whites, apple butter or sauce, oil, and vanilla. In large bowl, stir together flours, sugar, cinnamon, baking powder, baking soda, and salt. Stir in carrots, apples, raisins, and nuts. Stir in apple butter mixture until just moistened. Spoon batter into prepared muffin cups, filling them about  $\frac{3}{4}$  full. Bake for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed.