

Healthy and Delicious Morning Glory Muffins

Prep: 30 minutes • Cook: 25 to 30 minutes

Warmly spiced, fruit-and-veggie packed muffins with carrot, apple, and pineapple, enriched with coconut and pecans and crowned with a zesty turbinado sugar crunch—wholesome yet indulgent.

Ingredients

- 2 cups (280 g) all purpose flour
- 1 1/2 teaspoons baking soda
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1/2 cup (96 g) white sugar
- 1/2 cup (100 g) brown sugar
- 3/4 cup (168 g) neutral oil (neutral (e.g., avocado))
- 3 large eggs
- 2 tablespoons fresh orange juice
- 2 teaspoons vanilla extract
- 1 1/2 teaspoons ginger (freshly grated)
- 8 oz can crushed pineapple (moisture squeezed out)
- 2 cups carrots (finely grated)
- 1 apple (peeled and grated)
- 1/2 cup unsweetened shredded coconut
- 1/2 cup pecans (chopped)
- 3 tablespoons turbinado sugar (optional topping)
- 1/2 teaspoon orange zest (optional topping)

Instructions

1. Preheat the oven to 350°F (175°C) and line a muffin pan with extra-large muffin liners.
2. Zest the orange and set the zest aside. Squeeze as much moisture as possible out of the crushed pineapple and set aside. In a medium bowl, whisk together the flour, baking soda, baking powder, cinnamon, and salt; set aside.
3. In a large bowl, whisk together the white sugar, brown sugar, eggs, and oil until smooth and well combined. Add the orange juice, vanilla extract, and freshly grated ginger; whisk again. Stir in the grated carrots, grated apple, and drained pineapple until evenly distributed.
4. Add the dry ingredients to the wet ingredients and gently stir just until combined. Fold in the shredded coconut and

chopped pecans, being careful not to overmix.

5. In a small bowl, combine the turbinado sugar and orange zest, rubbing the zest into the sugar with your fingers until fragrant.

6. Divide the batter evenly between the prepared muffin liners (about 115 g batter per muffin). Sprinkle the tops generously with the orange sugar.

7. Bake for 25–30 minutes, or until the tops are set and a toothpick inserted into the center comes out clean. Let the muffins cool slightly on a wire rack before serving.

Tags: Breakfast, Muffins, Spiced, Kid Friendly, Make Ahead, Fruit and Veggie

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