**Morning Glory**



**NDOG**

**Kidz Klub**

**Muffins**

**1) Preheat oven to 350 degrees F. Grease 12 muffin cups, or line with paper muffin liners.**

**2) In a large bowl mix together the following ingredients.**

2 cups all-purpose flour

2 teaspoons ground cinnamon

1 ¼ cup white sugar

¼ teaspoon salt

2 teaspoons baking soda

**3) Stir in the following ingredients.**

2 cups shredded carrots

½ cup unsweetened, flaked coconut

½ cup golden raisins

1 apple – peeled, cored and shredded

½ cups chopped walnuts, optional

**4) In a separate bowl beat together:**

3 eggs

1 cup vegetable oil

2 teaspoons vanilla extract

**5) Stir egg mixture into the carrot/flour mixture just until moistened.**

**6) Scoop batter into prepared muffin cups.**

**7) Bake in preheated oven for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.**

Recipe contributed by Howard County Farmer’s Market Co-Manager Mary Hartness

**Morning Glory**



**NDOG**

**Kidz Klub**

**Muffins**

**1) Preheat oven to 350 degrees F. Grease 12 muffin cups, or line with paper muffin liners.**

**2) In a large bowl mix together the following ingredients.**

2 cups all-purpose flour

2 teaspoons ground cinnamon

1 ¼ cup white sugar

¼ teaspoon salt

2 teaspoons baking soda

**3) Stir in the following ingredients.**

2 cups shredded carrots

½ cup unsweetened, flaked coconut

½ cup golden raisins

1 apple – peeled, cored and shredded

½ cups chopped walnuts, optional

**4) In a separate bowl beat together:**

3 eggs

1 cup vegetable oil

2 teaspoons vanilla extract

**5) Stir egg mixture into the carrot/flour mixture just until moistened.**

**6) Scoop batter into prepared muffin cups.**

**7) Bake in preheated oven for 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.**

Recipe contributed by Howard County Farmer’s Market Co-Manager Mary Hartness

For more information about activities at Howard County Farmers’ Market and Nashville Demonstration Organic Garden check the Farmers’ Market page at [nashvillear.com](file:///C:\Users\DKB\Desktop\BY%20Final%20Report%20-\BY%20-%20%20Healthy%20Eating%20Library\Book%20Labels\nashvillear.com\farmers.htm)/attractions/farmers market

and Howard County Farmers’ Market on Facebook . . . or contact:

**Farmers’ Market Co-Managers:**

**Debra Bolding (870) 557-2352**

**Mary Hartness (501) 472-8092**

**NDOG Coordinator:**

**Gerry Wenta (903) 278-6716**

**NDOG Kidz Klub Coordinator:**

**Sherry Wenta (870) 845-0134**

**NDOG Square-Foot Garden Coordinator:**

**Rita Rector (870) 287-4573**

**NDOG Seed Swap Coordinator:**

**Pamela Rayburn (903) 490-1080**



For more information about activities at Howard County Farmers’ Market and Nashville Demonstration Organic Garden check the Farmers’ Market page at [nashvillear.com](file:///C:\Users\DKB\Desktop\BY%20Final%20Report%20-\BY%20-%20%20Healthy%20Eating%20Library\Book%20Labels\nashvillear.com\farmers.htm)/attractions/farmers market

and Howard County Farmers’ Market on Facebook . . . or contact:

**Farmers’ Market Co-Managers:**

**Debra Bolding (870) 557-2352**

**Mary Hartness (501) 472-8092**

**NDOG Coordinator:**

**Gerry Wenta (903) 278-6716**

**NDOG Kidz Klub Coordinator:**

**Sherry Wenta (870) 845-0134**

**NDOG Square-Foot Garden Coordinator:**

**Rita Rector (870) 287-4573**

**NDOG Seed Swap Coordinator:**

**Pamela Rayburn (903) 490-1080**

