Whole-Grain Harvest Muffins For Steady Energy

4 MIN READ

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A nutrient-packed recipe made with whole wheat, buckwheat, zucchini, carrots, apples, and dates for steady energy and longevity benefits.

Whenever I come across a morning glory muffin, I buy it. I love the treasure-hunt experience of these cakes, with every bite promising chunks of pineapple, apple, raisins, coconut, carrot, or nuts. Named for Morning Glory Cafe in Nantucket, where they were created in the late 1970s, these muffins stand the taste test of time.

Whole-Grain Harvest Muffins Recipe

This whole-grain muffin recipe offers a functional-food twist on that breakfast classic. It uses whole wheat and buckwheat flours to support steady blood sugar and energy; zucchini for extra moisture and fiber, along with carrots, an antioxidant boost; and get its sweetness mostly from potassium-rich Medjool dates, apple sauce, and apple chunks, with just a bit of brown sugar and optional molasses. Adding walnuts provides omega-3 fatty acids to support brain and heart health.

The result? A delicious, just-sweet-enough, treasure-packed muffin that satisfies *and* energizes in the morning, or anytime.

Ingredients for Whole-Grain Harvest Muffins

Makes: 12 muffins

- 2 bowls: one smaller, one medium
- Muffin tins
- Muffin-tin liners, if you don’t plan to grease the tins

Ingredients

- 1 cup whole wheat flour
- ½ cup buckwheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ½ tsp cardamom (or grated ginger)
- 2 eggs
- ½ cup unsweetened applesauce
- ¼ cup avocado or olive oil
- ¼ cup packed brown sugar (½ cup if you prefer more sweetness)
- 2 tablespoon molasses (optional)
- 1 tsp vanilla extract
- 1 cup grated zucchini, squeezed in a towel to remove excess moisture (about 1 medium)
- 1 cup cup grated carrot (about 2 medium)
- ½ cup finely chopped apple, peel on

- ¼ cup chopped Medjool dates (3-4)
- ½ cup chopped walnuts (optional)

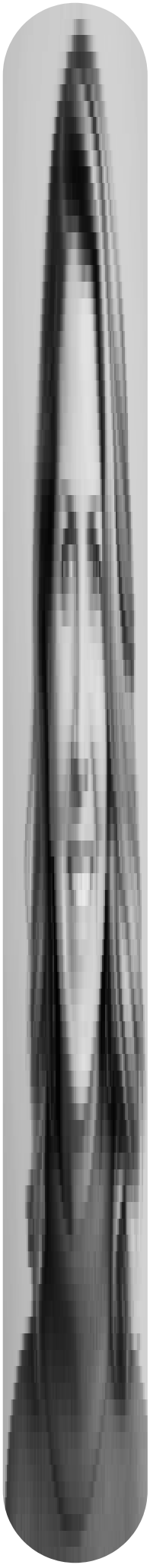
How to Make Healthy Morning Glory Muffins

1. Preheat the oven to 350 degrees. Line or grease muffin tins.
2. Use the smaller bowl for the dry ingredients, and whisk to blend.
3. In the larger bowl, whisk eggs, then add the applesauce, oil, brown sugar, molasses, and vanilla.
4. Fold in the grated zucchini, carrot, and apple.
5. Gradually fold the dry ingredients into the wet mixture, stirring until just combined (don’t overmix).
6. Gently stir in dates and, if using, nuts.
7. Add batter to tins, to about ¾ full.
8. Bake for 20-24 minutes, or until a toothpick inserted into a muffin comes out clean.
9. Let muffins cool in the pan for 5 minutes, then remove.

Nutrition: Calories: 178, Carbohydrates: 23g, Protein: 4g, Fat: 8.7g, Fiber: 2.6g

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