**Morning Glory Muffins**

**INGREDIENTS**

- \( \frac{2}{3} \) cup raisins
- 2 cups (240g) whole wheat pastry flour or white whole wheat flour (Bob’s Red Mill or King Arthur are good options) or whole wheat flour, spooned and leveled
- 1 cup plus 2 tablespoons (225g) light brown sugar, packed
- 2 teaspoons (12g) baking soda
- 1 tablespoon ground cinnamon
- 1 teaspoon ground ginger
- \( \frac{1}{2} \) teaspoon salt
- 3 large eggs
- \( \frac{2}{3} \) cup vegetable oil
- \( \frac{1}{4} \) cup orange juice (if making your own, you’ll need one orange)
- 2 teaspoons vanilla extract
- 2 cups (198g) peeled and shredded carrots (you’ll need 4-5 large carrots)
- 1 large tart apple, such as Granny Smith, peeled, cored and shredded
- \( \frac{1}{2} \) cup (42.5g) shredded coconut, sweetened or unsweetened
- \( \frac{2}{3} \) cup (75g) chopped walnuts

**INSTRUCTIONS**

1. Preheat the oven to 375°F. Grease a 12-cup muffin tin with nonstick cooking spray or line with muffin liners.

2. In a small bowl, cover the raisins with hot water. Set aside to soak.

3. In a large bowl, whisk together the flour, brown sugar, baking soda, cinnamon, ginger, and salt.

4. Drain the raisins, squeezing out any excess water with your hands.

5. In a separate bowl, beat together the eggs, oil, orange juice, and vanilla extract. Add to the flour mixture, along with the drained raisins, carrots, apple, coconut, and walnuts. Mix until the batter is evenly moistened and combined.

6. Divide the batter among the wells of the prepared pan. They will be very full.

7. Bake the muffins for about 20 to 25 minutes, until they are nicely domed and a toothpick inserted in the center of one of the inner muffins comes out clean.

8. Remove the muffins from the oven and let cool in the pan on a rack for about 5 minutes. Turn the muffins out onto the rack to cool completely. Cover and store at room temperature for several days.

**Freezer-Friendly Instructions:**

The muffins can be frozen in an airtight container or sealable plastic bag for up to 3 months. Thaw for 3 to 4 hours on the counter top before serving. To reheat, wrap individual muffins in aluminum foil and place in a preheated 350°F oven until warm.

Recipe adapted from Once Upon a Chef.
Yield: 4 to 6 servings  
Time: About 15 minutes

**INGREDIENTS**
2 cups cooked farro  
2 cups arugula  
¾ pound tomatoes, diced, or cherry tomatoes, cut in half  
1 English cucumber, sliced into quarters  
½ pound green beans, trimmed and cut in 2-inch lengths  
2 to 4 tablespoons chopped fresh basil or parsley, or a combination  
2 ounces goat cheese, crumbled (optional)

**FOR THE DRESSING**
1 tablespoon fresh lemon juice  
2 tablespoons cider vinegar or sherry vinegar  
1 to 2 teaspoons Dijon mustard (to taste)  
1 small garlic clove, minced or puréed  
Salt and freshly ground pepper  
¼ cup extra virgin olive oil

**INSTRUCTIONS**
1. In a large bowl, combine the farro, arugula, tomatoes and cucumbers.

2. Bring a pot of water to a boil, and fill a bowl with ice water. When the water comes to a boil, add a generous amount of salt and add the green beans. Cook 4 to 5 minutes, until just tender. Transfer to the ice water, then drain. Dry on paper towels.

3. For the dressing, whisk together the lemon juice, vinegar, mustard, garlic, salt, pepper, and olive oil. Toss with the farro and vegetables and set aside.

4. Shortly before serving, add the beans to the farro mixture, along with the chopped herbs. Toss together, taste and adjust seasoning. Sprinkle the goat cheese over the top and serve.

**Note:**
You can use this recipe as a template for other grain salads. Substitute the farro for any hearty grain (quinoa, wild rice, etc.), substitute the arugula for any heart green (kale, spinach, chard, etc.), substitute the tomatoes and cucumbers for two of any raw vegetable, substitute the beans for any cooked vegetable, and substitute the goat cheese for another other crumbly cheese you enjoy.