

Chock full of tasty and nutritious ingredients, these muffins are a great way to start the day.

<ul style="list-style-type: none">• 2 large eggs• 2/3 cup packed light brown sugar• 1/4 cup canola oil• 1/4 cup pineapple juice <i>or</i> orange juice• 1 teaspoon vanilla extract• 1 (8-ounce.) can crushed pineapple (<i>not</i> drained)• 1/2 cup Vermont Morning cereal (<i>not</i> cooked)	<ul style="list-style-type: none">• 3/4 cup whole-wheat flour• 3/4 cup all-purpose flour• 2 teaspoons baking powder• 1/2 teaspoon baking soda• 1/4 teaspoon salt• 1 tablespoon ground cinnamon• 1 cup finely grated carrot (2-4 carrots)• 1/2 cup baking raisins• 1/4 cup plus 2 tablespoons chopped walnuts• (1 1/2 ounces) (optional)
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1. Preheat oven to 400°F. Coat 12 regular-size (2 3/4-by 1 1/2-inch) muffin cups with cooking spray.
2. Whisk eggs, sugar, oil, pineapple juice (or orange juice) and vanilla in a medium bowl until smooth. Stir in crushed pineapple and **Vermont Morning®** cereal. Let mixture sit to soften the grains while you prepare dry ingredients. (You can prepare to this point and refrigerate overnight and finish them in the morning.)
3. Whisk whole-wheat flour, all-purpose flour, baking powder, baking soda, salt and cinnamon in a large bowl until blended.
4. Stir carrots, raisins and 1/4 cup walnuts, if using into the egg mixture.
5. Add the egg mixture to flour mixture and stir with rubber spatula just until dry ingredients are moistened. Scoop batter into the prepared muffin cups. Sprinkle with remaining 2 tablespoons walnuts, if using
6. Bake muffins until tops spring back when touched lightly, 15 to 20 minutes. Let cool in pan for 5 minutes. Loosen edges and turn muffins out onto a rack. Let cool.

Makes 12 muffins.