

"Zucchini Carrot Muffins" "from 'Country Women'"
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2 cups shredded carrot
1 cup " zucchini
1 cup chopped peeled apple
 $\frac{3}{4}$ cup flaked coconut
 $\frac{1}{2}$ cup chopped almonds
2 teaspoons grated orange peel
2 cups all-purpose flour
 $1\frac{1}{4}$ cups sugar

1 tablespoon cinnamon
2 teaspoons baking soda
 $\frac{1}{2}$ teaspoon salt
3 eggs, lightly beaten
 $\frac{3}{4}$ cup vegetable oil
1 teaspoon vanilla

Toss together carrot, zucchini, apple, coconut, almonds and orange peel; set aside. In large bowl, combine flour, sugar, cinnamon, baking soda and salt. Combine eggs, oil and vanilla; stir into dry ingredients just until moistened (batter will be thick). Fold in carrot mixture. Fill greased or paper lined muffin cups $\frac{2}{3}$ full. Bake 375° 20 to 22 min.