Morning Glory Muffins

2 1/4 cups whole wheat flour

2/3 cup granulated sugar

1 1/2 teaspoons baking soda

1/2 teaspoon baking powder

1 teaspoon ground cinnamon

3/4 teaspoon salt

1/2 cup vegetable oil (I used melted coconut oil)

3 large eggs

1 8-ounce can crushed pineapple, undrained

3 large carrots, shredded

1/2 cup raisins

1/2 cup unsweetened shredded coconut

Whisk together flour, baking powder, baking soda, cinnamon and salt.

Beat together oil, eggs and pineapple.

Stir in flour mixture.

Fold in carrots, raisins and coconut.

Scoop batter into paper lined muffins cups.

Sprinkle with turbinado sugar.

Bake 20 minutes at 350.

Cool on wire rack.