Whole Wheat Morning Glory Muffins

1 cup whole wheat flour

1/4 cup oat bran

1/2 cup AP flour flour

2 1/2 tsp. baking powder

1/2 tsp coarse salt

3/4 tsp ground cinnamon

1/4 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1 egg

1/3 cup vegetable oil

2/3 cup whole milk

1/2 cup honey

1 1/2 tsp vanilla

1 tbsp. orange zest

1 shredded carrot

1/2 cup grated apple

1/2 cup raisins

1/4 chopped walnuts

Whisk together flours, oat bran, baking powder, salt, cinnamon, ginger and nutmeg.

In a separate bowl, whisk together egg, oil, milk, honey and vanilla.

Gently fold liquid mixture into dry ingredients.

Fold in orange zest, carrot, apple, raisins and walnuts.

Spoon into muffin tins and bake 17-29 minutes at 375.