



MORNING GLORIA

Makes 18 cookies

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This is the Ciao, Gloria riff on the Morning Glory muffin, famously created by Pam McKinstry, owner of the Morning Glory Cafe on Nantucket Island. There are countless takes on the original—cookies, cakes, bars—but they all hold true to the healthy blend of oats, carrots, apples, raisins, coconut, walnuts, and spices. This version doesn't stray far from its predecessors and is one of the most sought-after breakfast items in the café—a healthy-ish, hand-held treat that goes perfectly with a cappuccino. Although there's nothing

uniquely Italian about this recipe, it's so beloved at Ciao, Gloria that my regulars would kill me if I didn't include it!

FOR THE CANDIED CARROT TOPPING

Sugar	115 grams	½ cup
Medium carrot, shredded	1 2.6 ounces	½ cup

FOR THE DOUGH

All- purpose flour	215 grams	1 ½ cups
Whole wheat flour	85 grams	¾ cup
Baking powder	6 grams	½ teaspoon
Baking soda	3 grams	½ teaspoon
Fine sea salt	4 grams	1 teaspoon
Ground cinnamon	6 grams	2 teaspoons
Ground ginger	2 grams	¾ teaspoon
rolled oats	165 grams	1 ½ cups
Walnuts, toasted and roughly chopped	75 grams	¾ cup
Sweetened coconut flakes	60 grams	½ cup
Golden raisins	80 grams	½ cup
Dark brown sugar	150 grams	¾ cup packed
Granulated sugar	100 grams	½ cup
unsalted butter, at room temperature	85 grams	6 tablespoons
Canola oil	150 grams	¾ cup
Large eggs	2	
Pure maple syrup	20 grams	1 tablespoon
Pure vanilla extract	10 grams	2 teaspoons
Shredded, peeled Honeycrisp apple (about 1 medium apple)	150 grams	1 cup

Peeled, grated carrots 265 grams 3 cups
(about 4 medium carrots)

Make the candied carrot topping. In a small saucepan over medium heat, combine the sugar with 1/2 cup of water. Whisk until the sugar is mostly dissolved. Add the carrots and bring to a boil, about 3 to 5 minutes. Remove from the heat, strain the carrots, and transfer to a small bowl, discarding the syrup. Let the carrots cool to room temperature. Store in an airtight container and refrigerate until ready to use.

Make the dough. In a medium bowl, whisk together both flours, the baking powder, baking soda, salt, cinnamon, and ginger. Stir in the oats, walnuts, coconut, and raisins.

In a large bowl, whisk the brown sugar, granulated sugar, butter, and canola oil until smooth and creamy. Add the eggs, maple syrup, and vanilla and mix until incorporated. Add the flour and oat mixture in two parts and fold until incorporated. Stir in the shredded apple and grated carrot. Cover the bowl tightly with plastic wrap. Refrigerate the dough for at least 1 hour or overnight.

Preheat the oven to 350°F (180°C) and set racks in the upper and lower thirds. Line two baking sheets with parchment paper. Use an ice cream scoop or measuring cup to portion about 85 grams (1/3 cup) of the dough onto the lined baking sheets spaced 3 inches (8 cm) apart. Dollop a 1/2 teaspoon of sugared carrot topping in the center of each cookie, pressing down gently to adhere.

Bake until the cookies are puffy and golden brown, 20 to 25 minutes, switching racks and rotating the baking sheets halfway through. Transfer to a wire rack to cool completely, about 1 hour.

The cookies can be stored in an airtight container at room temperature for up to 2 days.

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Photographer is Kevin Miyazaki

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Cook's Note: I used light brown sugar, avocado oil, and made candied carrots from orange, yellow, and red carrots.

Recipe by: Renato Poliafito, with Casy Elsass; *Dolci! American Baking with an Italian Accent*, p 30-32. *For original recipe*

About the Recipe: This recipe is a riff on the Morning Glory muffin, created by Pam McKinstry, owner of the Morning Glory Café on Nantucket Island. It highlights a healthy blend of oats, carrots, apples, raisins, coconut, and spices. It is a hand-held treat that goes perfectly with a cup of coffee or tea. It's not an Italian recipe but one of the most popular recipes at Ciao, Gloria.