

Applesauce Muffins

Makes 12

You get a double hit of fruit flavor in these lightly spiced muffins, thanks to both applesauce and chopped fresh apple. They're best served warm right from the oven, though you can also freeze them, tightly wrapped, for up to three months.

- 2¼ cups all-purpose flour
- 1¼ cups sugar (or Splenda)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1⅓ cups natural, unsweetened applesauce
- ⅓ cup canola oil
- 2 whole eggs, lightly beaten
- 1 medium apple, peeled and chopped

1. Preheat the oven to 350°. Spray a 12-cup nonstick muffin tin with vegetable oil spray.
2. In a large bowl, sift together the flour, sugar, baking soda, baking powder, salt, and cinnamon. Mix in the applesauce, oil, and eggs. Blend at low speed until moistened, then beat another 2 minutes on high speed. Stir in the chopped apple.
3. Pour the batter into the muffin tin and bake for 18 to 20 minutes. Remove from tin and allow muffins to cool slightly.

NUTRIENT ANALYSIS

◆ 1 SERVING = 1 MUFFIN

Calories: 198 Protein: 3.5 g Carbohydrates: 30 g Sugar: 10 g Total fat: 7 g

Saturated fat: 0.7 g Cholesterol: 35 mg Sodium: 311 mg Fiber: 1.2 g Calcium: 61 mg