



October 22- Cinnamon Apple Muffins

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=488687>

Recipe

Ingredients:

- ¾ cup all-purpose flour
- ¾ cup whole-wheat flour
- ¾ cup Splenda or other sweetener
- ½ teaspoon salt
- 2 teaspoons baking powder
- 2 teaspoon ground cinnamon
- ⅓ cup unsweetened applesauce
- 1 egg
- ⅔ cup low-fat milk
- 3 small apples

Directions:

1. Preheat oven to 400°F and lightly spray muffin pan with cooking spray.
2. Mix all-purpose flour, whole-wheat flour, Splenda, salt, baking powder, and cinnamon in a large bowl.
3. In a separate bowl, mix together the applesauce, egg and milk.
4. Pour applesauce mixture into flour mixture and stir until just blended; fold in apples.
5. Spoon mixture into muffin pan and bake for 25 minutes.

Yield 12 servings

Nutrition Facts

Serving Size 1 muffin (81.42g)
Servings Per Container 12

Amount Per Serving

Calories 100 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 200mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **9%**

Sugars 5g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 4%

Calcium 10% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.