

Applesauce Muffins

You Need:



1/3 cup flour



1/3 cup whole wheat flour



1/4 tsp. baking soda



1/4 tsp. + 1/2 tsp. baking powder



1/2 tsp. cinnamon



pinch nutmeg



one egg



1/3 cup applesauce



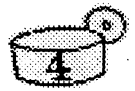
1/4 cup raisins



2 tsp. oil



1/3 cup dry measuring cup



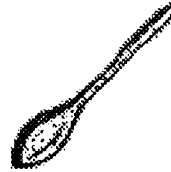
1/4 cup dry measuring cup



large bowl



medium bowl



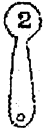
wooden spoon



1 teaspoon



1/4 teaspoon



1/2 teaspoon



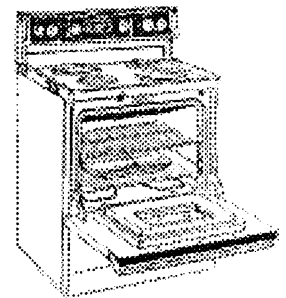
rubber spatula



4 cupcake liners

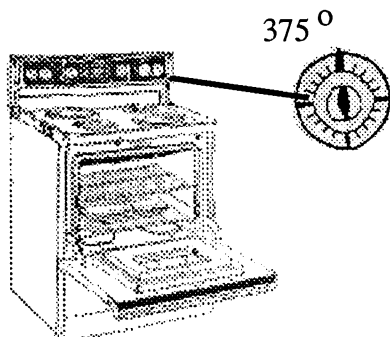


muffin tin



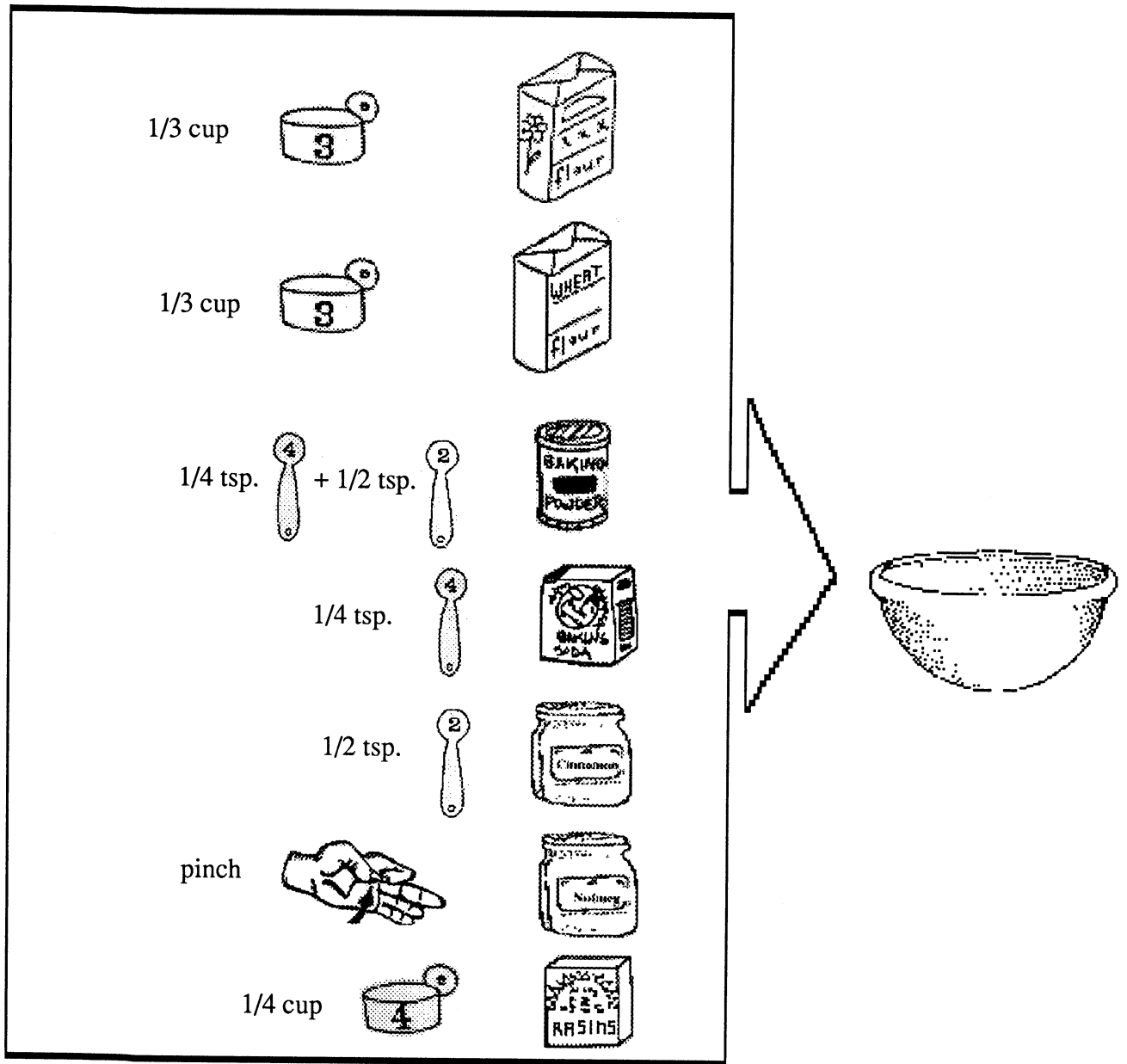
stove

1.



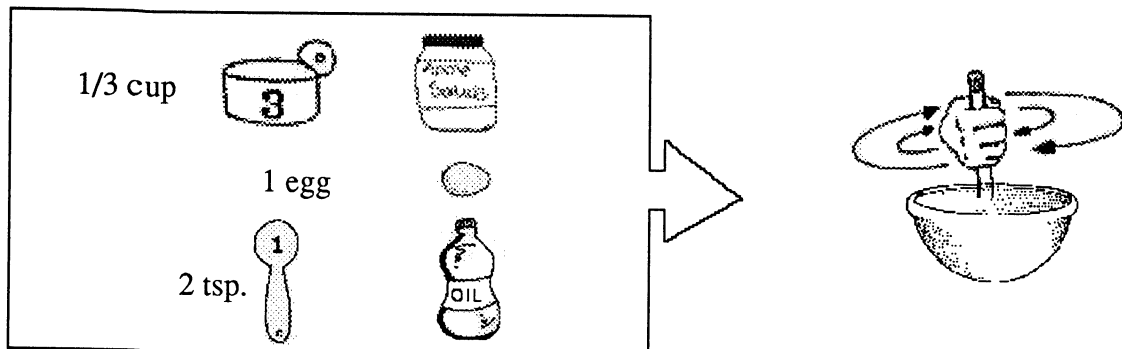
Preheat oven to 375°. Put 4 cupcake liners in muffin tin.

2.



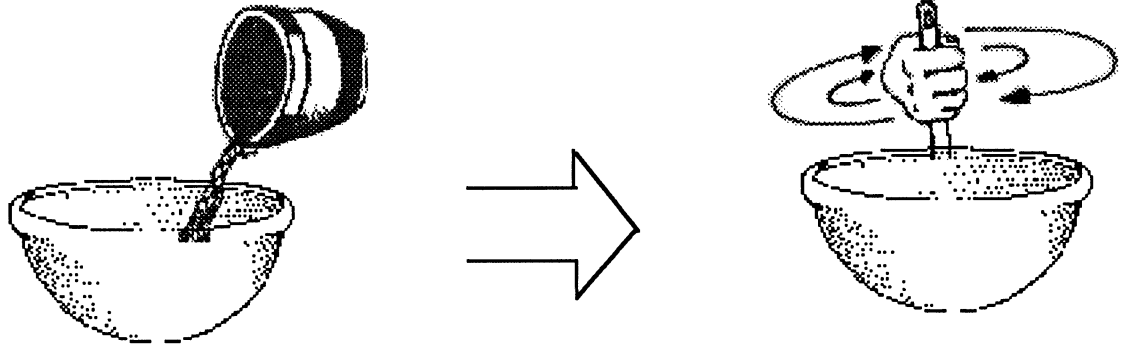
Measure 1/3 cup whole wheat flour, 1/3 cup flour, 1/4 tsp. + 1/2 tsp. baking powder, 1/4 tsp. soda, 1/2 tsp. cinnamon, pinch nutmeg and 1/4 cup raisins. Put in bowl.

3.



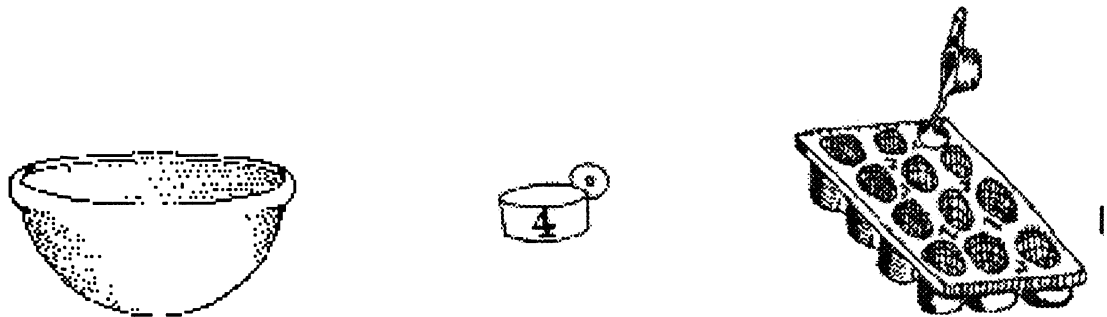
Measure 1/3 cup applesauce, 1 egg, 2 tsp. oil into small bowl and mix together well.

4.



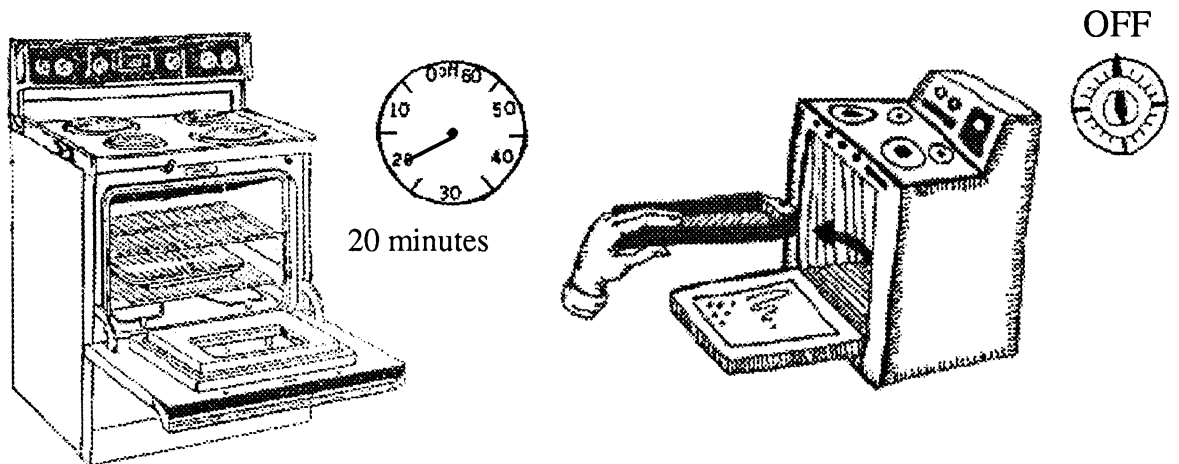
Add applesauce mixture to dry ingredients.
Stir just until dry ingredients are moistened.

5.



Pour 1/4 cup of batter into each muffin cup.

6.



Bake 20 minutes. Remove from oven. Turn oven OFF.

APPLESAUCE MUFFINS

You Need:

1/3 cup flour	1 teaspoon
1/3 cup whole wheat flour	1/2 teaspoon
1/4 tsp. + 1/2 tsp. baking powder	1/4 teaspoon
1/4 tsp. soda	large bowl
1/2 tsp. cinnamon	small bowl
pinch nutmeg	wooden spoon
1/3 cup applesauce	rubber spatula
1 egg	4 cupcake wrappers
2 tsp. oil	muffin tin
1/4 cup dry measuring cup	stove
1/3 cup dry measuring cup	

1. Preheat oven to 375°. Put 4 cupcake liners in muffin tin.
2. Measure 1/3 cup whole wheat flour, 1/3 cup flour, 1/4 tsp. + 1/2 tsp. baking powder, 1/4 tsp. soda, 1/2 tsp. cinnamon, pinch nutmeg and 1/4 cup raisins. Put in bowl.
3. Measure 1/3 cup applesauce, 1 egg, 2 tsp. oil in to small bowl and mix together well.
4. Add applesauce mixture to dry ingredients. Stir just until dry ingredients are moistened.
5. Pour 1/4 cup of batter in to each muffin cup.
6. Bake 20 minutes. Remove from oven. Turn oven OFF.