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.
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.

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

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

1. Preheat oven to 375°F. 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.