

Basic Muffins

Makes: 12 Muffins

Don't let the name fool you- these muffins combine the goodness of walnuts

Ingredients

1/4 cup oil

1 cup sugar

1 egg

1 1/4 cups applesauce

1 1/2 teaspoons cinnamon

1 teaspoon baking soda

1/4 teaspoon salt

1 cup all-purpose flour

1 cup whole wheat flour

carrots, raisins, and/or walnuts (optional)

1/2 cup milk (optional, only if adding carrots, raisins or walnuts)

Directions

- 1) Preheat oven to 350°F.
- 2) Line muffin tin with paper baking cups or grease bottom of tin with cooking spray.
- 3) Cream margarine and sugar with an electric mixer, or by hand.

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 194 |
| Total Fat | 5 g |
| Saturated Fat | 1 g |
| Cholesterol | 18 mg |
| Sodium | 161 mg |
| Total Carbohydrate | 35 g |
| Dietary Fiber | 2 g |
| Total Sugars | 19 g |
| Added Sugars included | 16 g |
| Protein | 3 g |
| Vitamin D | 0 IU |
| Calcium | 12 mg |
| Iron | 1 mg |
| Potassium | 78 mg |

N/A - data is not available

MyPlate Food Groups

 Grains 1 1/2 ounces

- 4) Add egg, milk, and applesauce, mixing well.
- 5) Blend in cinnamon, baking soda, salt, and flour.
- 6) Add carrots, raisins, and/or walnuts if desired. If any of these items are added, also add milk and mix.
- 7) Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Notes

Tip: Muffins turn out better when mixed by hand.

Source: University of Wisconsin-Extension - Sawyer County. Lac Courte Oreilles Tribe, University of Wisconsin-Extension Nutrition Education Program