

Cinnamon Whole Wheat Muffins

Makes 12 muffins (servings)

Ingredients:

- 1¼ cups whole wheat flour
- 1 cup all-purpose flour
- ½ cup granulated sugar or Splenda granular
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ¾ teaspoon salt
- 3 heaping tablespoons unsweetened applesauce (chunky or smooth)
- 1 large egg, lightly beaten
- 1½ teaspoons vanilla
- 1½ cups fat-free milk
- 1 tablespoon canola oil



Directions:

1. Preheat oven to 400°F and spray a 12-cup muffin tin with cooking spray.
 2. In a large bowl, mix together both flours, sugar, baking powder, cinnamon, and salt.
 3. To dry ingredients, add vanilla, applesauce, oil, and egg.
 4. Add milk; mix until all ingredients are moistened (do not over mix; may need to add slightly more milk if batter is too dry).
 5. Fill muffin cups with batter and bake 20 to 25 minutes or until golden.
 6. Let muffins sit 5 minutes, then remove to a wire rack to cool or serve warm.
 7. Split a warm muffin in half and spread with 1 teaspoon soft margarine to enjoy.
- * Wrap leftover muffins in plastic wrap, place in a food storage bag, and freeze until ready to eat later. Just remove the plastic wrap, wrap muffin in a paper towel, and thaw in the microwave.

Nutrition Facts Per Serving:

166 calories
5 g total fat
1 g saturated fat
27 g total carbohydrate
3 g protein