

Cinnamon Raisin Apple Muffin Mix

Serves: 12

Ingredients:

- 2 cups Whole-wheat pastry flour or unbleached all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup raisins

----- Additional Ingredients -----

- 1 cup Apple juice
- ½ cup Apple sauce
- 2 tablespoons vegetable oil

Directions:

To prepare, preheat the oven to 350 degrees.

Whisk together first 6 ingredients and store in an airtight container. Package raisins separately.

Mix together 1 cup apple juice, ½ cup apple sauce and 2 tablespoons vegetable oil. Add dry ingredients and raisins and stir until just combined.

Spoon into lightly oiled muffin tins, and bake for 20 to 25 minutes, or until middle is done.

Nutrients per serving:

Calories	128
Total Fat	3 g

Courtesy of: www.webvalue.net and www.applesforhealth.com