

recipe of the week:

Heart Healthy Apple Muffins

Wishing You
Healthy Holidays



ingredients:	directions:
¼ cup chopped pecans	1. Peel & core 1 Golden Delicious apple & cut into ¼" pieces
¾ cup plus 2 tbsp. packed brown sugar	2. Preheat oven to 400° & coat standard muffin pan with cooking spray
½ teaspoon ground cinnamon	3. Mix pecans, 2 tbsp. brown sugar & cinnamon in small bowl
1 cup all-purpose flour	4. Whisk all-purpose flour, whole wheat flour, baking soda & salt in medium bowl
1 cup whole wheat pastry flour	5. Whisk ¾ cup sugar & oil in large bowl. Add eggs, one at a time then applesauce and vanilla, whisking well.
1 teaspoon baking soda	6. Whisk flour mixture into #5 in 2 batches, alternating with buttermilk
½ teaspoon fine salt	7. Stir in the apples
¼ teaspoon canola oil	8. Pour batter into the prepared muffin pan & sprinkle with pecan mixture.
2 large eggs	9. Bake 20-25 minutes.
1 cup natural applesauce	10. Let cool on wire rack for 15 minutes, remove from the muffin pan and let cool completely on rack.
1 teaspoon vanilla extract	
¾ cup low fat buttermilk	

Presented by:

