

CRAN-APPLE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	38 g	3 g	4 g	10 mg	209 mg	74 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 SUGAR,GRANULATED
 APPLESAUCE,CANNED,SWEETENED
 EGGS,WHOLE,FROZEN
 EGG WHITES,FROZEN,THAWED
 OIL, CANOLA
 CRANBERRY SAUCE,JELLIED
 COOKING SPRAY,NONSTICK
 ORANGE PEEL,FRESH,GRATED

Weight

5-3/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 2-1/4 lbs
 5-1/4 lbs
 8-5/8 oz
 8-1/2 oz
 10-1/4 oz
 1-7/8 lbs
 2 oz
 1/8 oz

Measure

1 gal 1-1/4 qts
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 1 cup
 2 qts 1-3/8 cup
 1 cup
 1 cup
 1-3/8 cup
 3 cup
 1/4 cup 1/3 tbsp
 1/3 tsp

Issue**Method**

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil; mix at low speed approximately 15 seconds until dry ingredients are moistened. Do not over mix. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full. Make a well in the center of each muffin with the back of a spoon. Combine cranberry sauce and orange peel. Spoon 2 teaspoons of cranberry filling into each well.
- 4 Bake at 400 F. for 25 to 30 minutes or until done. Using a convection oven, bake at 350 F. for 23 to 26 minutes, open vent, fan off first 10 minutes, then low fan.