



# Apple Spice Muffins

(from recipe 'Basic Muffins with Ten Variations')

### Ingredients:

- 2 cups all-purpose flour
- ¼ cup sugar
- 2 teaspoon baking powder
- ¾ teaspoon salt
- ¼ teaspoon allspice
- 1 teaspoon vanilla extract
- 1 large egg beaten
- 1 cup milk
- 1/4 cup vegetable oil
- 1 cup diced peeled apple
- ¼ cup raisins

### Directions:

- Preheat oven to 425 degree F.
- Grease or paper-line 12 muffin cups.
- In a bowl, combine flour, sugar, baking powder, salt, and spices. Make a well in the center of flour mixture.
- In a separate bowl, combine egg, milk, vanilla and oil; add to the well in the flour mixture and stir quickly with a fork until flour mixture is moistened, about 10 strokes.
- Stir apples and raisins into batter and stir 5-7 more strokes.
- Fill muffin cups 2/3-full.
- Bake for 20-25 minutes, or until golden brown.
- Serve warm!



### Nutrition Facts

Serving Size 1.00 item(s) (68g)

Amount Per Serving

Calories 162    Calories from Fat 48

% Daily Value

Total Fat 5.4g    8 %

Saturated Fat 0.6g    3 %

Trans Fat 0.0g

Cholesterol 16.5mg    6 %

Sodium 242.3mg    10 %

Total Carbohydrate 25.1g    8 %

Dietary Fiber 0.9g    3 %

Sugars 8.1g

Protein 3.5g

Vitamin A 1 %    Calcium 8 %

Vitamin C 1 %    Iron 7 %

From: High Altitude Baking: 200 Delicious Recipes & Tips for Perfect High Altitude Cookies, Cakes, Breads & More



## Golden Delicious

*Monday's apple is fair of face.*

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