

# Walnut Raisin Muffins

Makes 12 muffins | Grains • Fruit • Protein

## Ingredients

- 2½ cups all-purpose flour
- 1½ teaspoons baking powder
- ¼ teaspoon of salt
- 4 Tablespoons sugar
- 1 egg, beaten
- ⅓ cup applesauce
- 1¼ cups low-fat milk
- ¾ cup chopped walnuts
- ¾ cup raisins
- Nonstick spray or muffin tin papers

## Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 400°F.
3. Coat 12 muffin pan cups with nonstick spray or line with muffin papers.
4. Combine flour, baking powder, and salt.
5. In a separate bowl, blend together egg, sugar, applesauce and milk.
6. Add egg mixture to dry ingredients. Fold in nuts and raisins.
7. Stir until dry ingredients are moistened. Mixture should be lumpy.
8. Fill each muffin tin 2/3 full.
9. Bake at 400°F for 20-25 minutes.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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