

APPLESAUCE MUFFINS



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

Program

Online

Location:

These delicious muffins are perfect for breakfast, brunch, or a snack!

Ingredients

- 1 $\frac{3}{4}$ cups (435 mL) all-purpose flour
- 1 tbsp (15 mL) baking powder
- $\frac{1}{2}$ tsp (2.5 mL) ground cinnamon
- $\frac{1}{2}$ tsp (2.5 mL) salt
- $\frac{1}{2}$ cup (125 mL) butter, softened
- $\frac{1}{2}$ cup (125 mL) sugar
- 2 eggs-
- $\frac{1}{2}$ tsp (2.5 mL) vanilla extract
- $\frac{3}{4}$ cup (175 mL) unsweetened applesauce

For the topping

- $\frac{1}{4}$ cup (60 mL) butter, melted
- $\frac{1}{4}$ cup (60 mL) sugar
- 1 tsp (5 mL) ground cinnamon

Preparation

APPLESAUCE MUFFINS | 2

1. Preheat oven to 350°F (180°C).
2. Place 24 mini muffin liners in muffin pan or spray with cooking oil and set aside.
3. In a small bowl, combine the flour, baking powder, ground cinnamon and salt; set aside.
4. In a large bowl, cream the butter and sugar with a hand held mixer or a whisk until light and fluffy, about two minutes.
5. Add the eggs one at a time and beat until well combined.
6. Add the vanilla extract and the applesauce and mix until smooth.
7. Pour the dry ingredients over the creamed mixture and stir using a rubber spatula just until moist.
8. Pour the batter into each muffin cup using an ice cream scoop.
9. Bake for 12 minutes or until a toothpick inserted into the center of one of the muffins comes out clean.
10. Remove from oven and let cool for 5 minutes before transferring onto a rack.
11. To make the topping, combine the sugar and the cinnamon in a small bowl. Melt the butter in another bowl.
12. Dip each muffin in the melted butter and then in the cinnamon sugar mixture.

Yield: 24 mini muffins