

# Basic Muffins

**Makes:** 12 Muffins

## Ingredients

**1/4 cup** oil  
**1 cup** sugar  
**1** egg  
**1 1/4 cups** applesauce  
**1 1/2 teaspoons** cinnamon  
**1 teaspoon** baking soda  
**1/4 teaspoon** salt  
**1 cup** all-purpose flour  
**1 cup** whole wheat flour  
**1/2 cup** carrots, raisins, and/or walnuts (optional)  
**1/2 cup** milk (optional, only if adding carrots, raisins or walnuts)

## Directions

- 1) Preheat oven to 350°F.
- 2) Line muffin tin with paper baking cups or grease bottom of tin with cooking spray.
- 3) Cream margarine and sugar with an electric mixer, or by hand
- 4) Add egg, milk, and applesauce, mixing well.
- 5) Blend in cinnamon, baking soda, salt, and flour.
- 6) Add carrots, raisins, and/or walnuts if desired. If any of

these items are added, also add milk and mix.

7) Fill muffin tins  $\frac{2}{3}$  full and bake for 15 to 18 minutes.

## Notes

Tip: Muffins turn out better when mixed by hand.