

## Spicy Harvest Mini Muffins (No Added Sugar)

16 muffins

### Recipe:

76g Soft Red Winter Wheat

½ tsp Baking Powder

½ tsp Baking Soda

¼ tsp Salt

1g Cinnamon

1g Pumpkin pie spice

⅛ tsp nutmeg

¼ tsp cayenne pepper

56g Unsweetened apple sauce

92g Pumpkin

1 Egg

29 g Milk

½ tsp Vanilla

82g Apple

20g walnuts (optional)

### Procedure

1. In a large bowl add soft red winter wheat, baking powder, baking soda, salt, cinnamon, pumpkin pie spice, cayenne pepper, and nutmeg and mix well
2. In a separate smaller bowl add unsweetened applesauce, egg, milk, vanilla, and canned pumpkin mixing well
3. Add the wet ingredients to the dry ingredients and mix till a smooth thick batter consistency
4. Remove the skin from an apple and finely dice it into cubes
5. Fold the diced the apple into the batter
6. Preheat the oven to 350 degrees
7. Place mini muffin tins into mini muffin mold and spray with a nonstick spray
8. Fill up tins till 7/8ths full (approximately one heaping tablespoon)
9. Chop up the walnuts into smaller pieces
10. Place the walnuts on top of the muffins
11. Bake in the oven for 15 minutes

## Nutrition Facts

Serving Size: 2 muffins

Servings: 8

Amount per serving

### Calories 70

#### % Daily Value

<b>Total Fat 2.5g</b>	<b>3%</b>
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 3g	11%
Total Sugars 2g	
<b>Includes 0g Added Sugars</b>	<b>0%</b>
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 90m	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PUMPKIN, APPLES, WHEAT, SOFT RED WINTER, APPLESAUCE (APPLES, WATER), EGG, WALNUTS, CINNAMON, PUMPKIN PIE SPICE, BAKING SODA, VANILLA EXTRACT (WATER, ALCOHOL (35%), SUGAR, VANILLA BEAN EXTRACTIVES), SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), CAYENNE PEPPER, NUTMEG

Recipe Analyzed by ReciPal