

A TASTE OF
FALL
 Foods For All Seasons

Apple-Cranberry
STREUSEL
MUFFINS

Makes at least 18 muffins

Preparation & baking time: 30 minutes

NO-stick cooking spray
 3 cups all-purpose flour
 1 1/2 cups sugar
 1 tablespoon baking powder
 1/2 cup 1% lowfat milk
 3 tablespoons vegetable oil
 2 teaspoons vanilla extract
 1 cup chunky style unsweetened applesauce
 1 egg and 2 egg whites
 2 cups chopped apples
 1 cup fresh or frozen cranberries
 * Streusel topping ingredients listed on back

Preheat oven to 375°. Spray nonstick muffin pans with no-stick cooking spray.

Stir flour, sugar, & baking powder together in large mixing bowl. Add next 4 ingredients & beat with electric mixer on low speed until combined (30 seconds). Beat on medium speed for 2 minutes, scraping sides of bowl frequently. Add eggs & beat 2 more minutes. Stir in chopped apples & cranberries. Spoon into muffin pans until 3/4 full.

Spoon about 1 tablespoon of streusel topping over each muffin. Bake for 15-20 minutes until muffins test done.

Streusel Topping

Blend 1/2 cup all purpose flour, 1/2 cup brown sugar, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/4 teaspoon ground cloves in a small bowl. Drizzle in 2 tablespoons of melted margarine and blend with pastry blender or fork.

Lighten up your Fall:

Enjoy the fall weather, increase your physical activity with yard work, biking or walking.

When baking muffins or cakes substitute half the butter or oil with unsweetened applesauce or another fruit purée like prune purée.

Nutritional Analysis per muffin

Calories	229
Cholesterol	12mg
Fat	4g
Sodium	86mg

Recipe
 Courtesy of:



California Project LEAN is a collaborative effort of the Public Health Institute and Regional Nutrition Networks.

For more information on low-fat eating write California Project LEAN, California Department of Health Services, P.O. Box 942732, MS-675, Sacramento, CA 94234-7320.