

# Peanut Butter Applesauce Muffins

Makes: 18 muffins



## Ingredients

- 1/2 cup butter
- 1 cup sugar
- 1/2 cup peanut butter
- 2 eggs
- 1 cup applesauce
- 2 cups flour
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. baking soda
- 1 cup dried fruit – raisins, cranberries, cherries or a blend

## Directions

1. Wash hands with soap and water.
2. Preheat the oven to 350 degrees F. Line muffin pans with papers or spray muffin cups with cooking spray.
3. In a large bowl, mix butter and sugar until fluffy. Add peanut butter and eggs and beat until smooth. Add applesauce. Stir until well mixed.
4. In a medium bowl, mix flour, baking powder, salt and baking soda. Add to butter and sugar mixture in large bowl, stir until just moistened. Fold in dried fruit.
5. Fill muffin cups 1/2 to 2/3 full. Bake 15 to 20 minutes or until golden.

**Nutrition Facts:** Each muffin provides 220 Calories, 9g Total Fat, 4g Saturated Fat, 220mg Sodium, 31g Total Carbohydrate, 1g Dietary Fiber, 4g Protein



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