

# Peanut Butter Applesauce 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. Preheat the oven to 350 degrees F. Line muffin pans with papers or spray muffin cups with cooking spray.
2. 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.
3. 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.
4. Fill muffin cups 1/2 to 2/3 full. Bake 15 to 20 minutes or until golden.

Nutrition Facts	
Serving Size (66g)	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 220</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 17g	
<b>Protein 4g</b>	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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