# **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.
- Fill muffin cups 1/2 to 2/3 full. Bake 15 to 20 minutes or until golden.

#### Serving Size (66g) Servings Per Container 18 Amount Per Serving Calories 220 Calories from Fat 80 % Daily Value\* Total Fat 9g 14% Saturated Fat 4g 20% Trans Fat 0g Cholesterol 35mg 12% Sodium 220mg 9% Total Carbohydrate 31g 10% Dietary Fiber 1g 4% Sugars 17g Protein 4g 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 Total Fat Less than 65g

Saturated Fat Less than

Less than Less than

Fat 9 · Carbohydrate 4 · Protein 4

Cholesterol

Dietary Fiber

Calories per gram:

Sodium Total Carbohydrate

**Nutrition Facts** 

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Dietary Fiber 1g 4%			
Sugars 17g			
Protein 4g			
Vitamin A 4%	6 • '	Vitamin (	0%
Calcium 2%	•	Iron 6%	
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or l	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • (	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Nutrition Facts





Kansas State University Agricultural Experiment Station

and Cooperative Extension Service

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This material was funded by USDA's Supplemental Nutrition This interial was indeed by Osbas Supplemental volution.

Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

20g

300g

25g

25g

375g

30a

2,400mg 2,400mg

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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