



Apple Cheddar Muffins

INGREDIENTS:

1 egg, lightly beaten
1/2 cup milk
1/4 cup vegetable oil
1 cup applesauce
1/4 cup sugar
1-1/2 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 cup (2 oz.) Sharp Cheddar Cheese (Shredded)

DIRECTIONS:

Preparation Time: 15 minutes
Baking Time: 22 minutes
Makes: 12 muffins

Combine egg, milk, oil, applesauce and sugar in large bowl. Sift flour, baking powder, salt and cinnamon together; add all at once with cheese to egg mixture. Stir only until flour mixture is moistened (batter will be lumpy).

Divide batter evenly among 12 greased muffin tins (cups will only be 2/3 full). Bake in preheated 400°F oven 22 minutes. Let cool in muffin pan 5 minutes. Run knife around edges of each muffin; turn out onto rack to cool.

Tip: For easy removal, bake muffins in paper cupcake liners.

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