

APPLESAUCE CINNAMON CRUMB TOP MUFFIN

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
204 cal	38 g	3 g	5 g	0 mg	217 mg	76 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 CINNAMON,GROUND
 NUTMEG,GROUND
 SUGAR,GRANULATED
 APPLESAUCE,CANNED,SWEETENED
 EGG SUBSTITUTE,PASTEURIZED
 SHORTENING
 MARGARINE
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,BROWN,LIGHT
 COOKING SPRAY,NONSTICK

Weight

5-3/4 lbs
 3-7/8 oz
 3/4 oz
 1/2 oz
 1/8 oz
 2-1/4 lbs
 5-1/4 lbs
 1-1/8 lbs
 10-7/8 oz
 3 oz
 1-2/3 oz
 6-7/8 oz
 2 oz

Measure

1 gal 1-1/4 qts
 1/2 cup
 1 tbsp
 2 tbsp
 1/3 tsp
 1 qts 1 cup
 2 qts 1-3/8 cup
 2 cup
 1-1/2 cup
 1/4 cup 2-1/3 tbsp
 1/4 cup 2-1/3 tbsp
 1-3/8 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixer bowl.
- 2 Add applesauce, egg substitute, and salad oil or melted shortening; mix at low speed 15 seconds until dry ingredients are moistened.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full. Mix softened margarine, flour, and brown sugar until crumbly. Sprinkle on top of each muffin.
- 4 Bake at 400 F. for 20 to 25 minutes or until lightly brown or using a convection oven, bake at 350 F. for 23 to 26 minutes open vent, turn off fan first 10 minutes, then low fan.