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APPLE NUT MUFFINS

Stabilization (Week 3) & Maintenance

Ingredients

1-1/2 cups all-purpose flour
2 TSP baking powder
¼ TSP lite salt
½ cup Splenda (for baking)
½ TSP cinnamon
2 egg whites
¼ cup olive oil
1 TSP vanilla
½ cup skim milk
2 cups coarsely chopped or grated apples
¼ cup chopped walnuts

Instructions

1. Mix together first 5 ingredients (flour through cinnamon). In a separate bowl mix together rest of ingredients. Quickly stir wet and dry mixes together. Batter should be lumpy and coarse looking.
2. Fill well greased muffin cups 2/3 full. Oven bake =15-20 minutes at 350°.

Portion-Per-Serving Information (Yields 12 servings)

1 serving = 1 medium-to-large muffin = 1 G