

Apple-Cranberry Muffins

*Target Stores
Food Network Magazine*

Yield: 12 muffins

*cooking spray
2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1/4 teaspoon baking soda
1/2 cup dried cranberries
3/4 cup packed brown sugar
1 stick unsalted butter, melted
1/2 cup applesauce
1/2 cup sour cream
2 large eggs
dried apples (for topping)
dried cranberries (for topping)*

Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

Line a twelve-cup muffin pan with paper liners.
Coat the liners with cooking spray.

In a large bowl, whisk the flour, baking powder, cinnamon, salt and baking soda. Add the cranberries.

In a separate bowl, whisk the brown sugar, butter, applesauce, sour cream and eggs. Fold into the flour mixture.

Divide the batter among the prepared muffin cups. Top with dried apples and dried cranberries.

Bake until a toothpick inserted into the centers comes out clean, 20 to 25 minutes.

Let cool slightly in the pan. Then remove to a rack to cool completely.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 2842 Calories; 129g Fat (40.3% calories from fat); 43g Protein; 385g Carbohydrate; 9g Dietary Fiber; 723mg Cholesterol; 2155mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 24 Fat; 11 Other Carbohydrates.

Bread and Muffins

Per Serving Nutritional Analysis
