

Apple Raisin Muffins

2 cups flour
1 tbsp. baking powder
1/4 tsp. salt
1 tsp. cinnamon
1/4 cup sugar substitute
1/4 cup egg substitute
3 tbsp. corn oil
1/2 cup skim milk
1 cup applesauce, unsweetened
1/2 cup raisins, washed, drained

Preheat oven to 400°F. Prepare two muffin tins with vegetable cooking spray or line with paper cupcake liners.

Mix dry ingredients in mixing bowl. Beat egg substitute and whip in oil, milk, and applesauce. Add to dry ingredients and mix until flour is just moistened. Stir in raisins. Fill muffin tins 2/3 full. Bake for 25 minutes. Remove muffins from tins immediately. Makes 12 servings.

Nutrition information per serving: calories 148; protein 4 grams; fat 1 gram; sodium 171 mg