



Applesauce Muffins

Make this batter now - bake later!

 Level: Easy

Serves 18

Kids' Tool Kit

Muffin tin 
Electric mixer 
Mixing bowl
Measuring cups
Measuring spoons
Knife
Rubber spatula
Spoon
Hot pad
Cutting board

Chef's Choice

Applesauce Muffins
Roast Beef
Mashed Potatoes
Green Beans
Milk

Nutrition Facts

Serving Size 1 muffin (48g)
Servings Per Container 18

Amount Per Serving
Calories 130 Calories from Fat 25

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Cholesterol 10mg 4%

Sodium 130mg 6%

Total Carbohydrate 24g 8%

Dietary Fiber less than 1 gram 3%

Sugars 13g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

1/4 cup margarine
1 cup sugar
1 egg
1 1/2 teaspoons cinnamon
1 teaspoon baking soda
1/4 teaspoon salt
2 cups flour
1 1/4 cups applesauce





Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees. Line muffin tin with paper baking cups or grease bottom of muffin tin with margarine or cooking spray.
2. Cream margarine and sugar with an electric mixer. Add egg, mixing well. Blend in remaining ingredients.
3. Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Optional: Add 1/2 cup of diced apple or raisins to batter.

 **Helpful Hints:** While an electric mixer makes mixing these muffins a quick task, they will turn out best if mixed by hand. Either way - by hand, or by mixer, it is important to remember that muffins are a "quick bread" and that means muffins or coffeecakes will come out best if not overmixed. Just lightly stir the ingredients together - so dry ingredients are barely moistened. The batter will still be slightly lumpy, and that's fine. Overstirring or mixing a quick bread will make the muffins tough. Sometimes kids who help in the kitchen really like to stir big and long - and there are good recipes for that - but when it comes to mixing muffins, less is more!

 **Safety Tip #1:** Before children use an electric mixer, it is important that they are shown how to use it safely. Be sure they know how to safely plug in and unplug an electric appliance and that they can operate the mixer's control switch. It may take practice for a child to be able to scrape a mixing bowl with a rubber spatula and use the electric mixer. Encourage them to stop the mixer and scrape the bowl, then restart the mixer.

Safety Tip #2: Remember, this recipe and most batters contain raw egg. Don't lick the spoon or bowl, because the raw egg can make us sick - especially young children. Wait until the batter is baked; it's then safe to go ahead and enjoy!

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.