

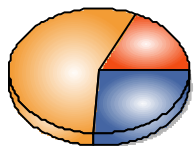


## Spice Muffins

By: Created by DrJez LLC

Recipe grams: 345.88g/12.2oz

Serves 12 28.82g/1.0oz per serving



Protein: 6%  
Carbohydrates: 75%  
Fat: 19%

### INGREDIENTS

1/2 tsp GINGER, GROUND  
1/2 tsp CINNAMON, GROUND  
1/2 tsp BAKING SODA  
1/4 tsp SALT, TABLE  
1/4 cup APPLESAUCE  
1/4 cup MOLASSES  
1/4 cup PASTRY FLOUR, WHOLE WHEAT  
2 tbsp SPLENDA BROWN  
1 tsp CANOLA OIL, REFINED  
1/4 cup PRUNES W/O VIT-C, STRAINED  
1/4 cup EGG SUBSTITUTE, LIQUID  
2 tsp BUTTER W/SALT

### DIRECTIONS

Preheat Oven to 350 degrees

Coat a 9mini muffin pan with cooking spray

Lightly spoon flour into dry measuring cups, level with knife. Combine flour, ginger, cinnamon baking soda and salt in a bowl, stirring with a whisk.

Soften butter in microwave. Combine with brown sugar and oil in a large bowl and whisk together until blended. Add the egg and beat well. Beat in the pureed prunes, applesauce and molasses.

Add 1/3 of flour mixture and beat until just blended. Repeat with remaining flour mixture.

Scrape batter into prepared pan, distributing evenly. Bake at 350 degrees for 10-12 minutes or until toothpick inserted into the center comes out clean.

Cool in pan on a wire rack for 10 minutes.

### Nutrition Facts

Serving Size: 1 serving (28.8g)

Servings: 1

Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>4%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>2%</b>
Sugars 6g	
<b>Protein</b> less than 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	