

Chef Randy Evan's Gingerbread Muffins

48 mini muffins



Changing the way our children eat

2 C	unsweetened applesauce
$\frac{3}{4}$ C	molasses
$\frac{1}{3}$ C	vegetable oil
3	eggs
3 C	whole wheat flour
1 1 C + $\frac{1}{2}$ C	light brown sugar
2 t	baking soda
1 t	baking powder
$\frac{1}{2}$ t	salt
2 t	ground ginger
1 $\frac{1}{2}$ t	cinnamon
$\frac{1}{2}$ t	ground clove

Equipment

Mini muffin pans
Measuring cups
Measuring spoons
Cooking spray
Large mixing bowl
Spoon
Medium bowl
Blender

Make the muffins

- Preheat oven to 350 F.
- Spray mini muffin pans with butter-flavored cooking spray. Set aside.
- Pour applesauce, molasses, brown sugar, and vegetable oil into a large mixing bowl.
- Add eggs. Stir well.
- Place the flour, baking soda, baking powder, salt, ginger, cinnamon, and cloves in a separate medium bowl. Mix well.
- Add flour mixture to the applesauce mixture. Stir well.
- Pour muffin batter into prepared pan. Place in preheated oven. Bake for 6 to 8 minutes or until a toothpick inserted in the center comes out clean. Remove from oven.
- Serve warm or cool.

Optional Serving Suggestions:

- Place reserved $\frac{1}{2}$ cup brown sugar in a blender and blend on high for approximately 30 seconds.
- Sprinkle the finely ground brown sugar over the muffins.
- Serve with sautéed apples, fresh fruit, or non-dairy topping.