

Mini Apple- Cinnamon Muffins

recipe

PREP TIME: 20 min | COOK TIME: 12 min | SERVINGS: 24

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INGREDIENTS

4 sprays cooking spray
1 Tbsp all-purpose flour
1 Tbsp firmly packed dark brown sugar
½ Tbsp salted butter
3 Tbsp quick cooking rolled oats
¾ cup all-purpose flour
½ cup whole wheat flour
1 tsp baking powder
½ tsp ground cinnamon
¼ tsp table salt
1 pinch ground allspice
3 Tbsp dried currants, chopped
1 large egg
½ cup unsweetened applesauce
3 Tbsp low-fat milk
3 Tbsp granulated sugar
1½ Tbsp canola oil
½ tsp vanilla extract

INSTRUCTIONS

Preheat oven to 425°F. Coat 24 mini muffin cups with cooking spray.

To make topping, with your fingertips, combine 1 Tbsp flour, brown sugar, and butter in a small bowl until crumbly; stir in oats and set aside.

To make muffins, in a large bowl, combine ¾ cup all-purpose flour, whole wheat flour, baking powder, cinnamon, salt, and allspice; stir in currants.

In a medium bowl, whisk together egg, applesauce, milk, granulated sugar, oil, and vanilla extract until blended. Stir applesauce mixture into flour mixture just until blended. Evenly divide batter among prepared muffin cups (about 1 Tbsp in each); evenly sprinkle with reserved oat topping. Bake until toothpick inserted in center of each muffin comes out clean, about 12 minutes. Transfer muffins from pan to a wire rack and cool completely. Servings size: 1 muffin