

Applesauce Spice Muffins

(Recipe adapted from *Gourmet*, November 2003)

Ingredients:

FOR THE MUFFINS

3/4 cup all-purpose flour
3/4 cup whole wheat flour
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/2 teaspoon ground allspice
1/4 teaspoon freshly grated nutmeg
1/4 teaspoon salt
2 large eggs
3/4 cup packed light brown sugar
1/2 stick (4 tablespoons) plus 3 tablespoons unsalted butter, melted
1/3 cup nonfat plain yogurt
1 cup unsweetened applesauce
1 cup pecans or walnuts (3 1/2 ounces), coarsely chopped

FOR THE TOPPING

2 tablespoons brown sugar
1/2 teaspoon cinnamon

Directions:

Preaheat oven to 400 degrees. Prepare 12-muffin pan with cooking spray or cupcake liners.

Stir together flour, baking powder, baking soda, spices and salt in a bowl. In a separate bowl, whisk together eggs, brown sugar and yogurt until well-combined. Slowly stir in butter, whisking until mixture is creamy. Stir in applesauce, then fold in flour mixture until flour is just moistened. Stir in nuts and divide batter among muffin cups.

Mix together topping ingredients and sprinkle over muffins. Bake about 20 minutes, until tops are puffed and golden. Cool in pan for 5 minutes then transfer to a wire rack to cool completely.

Yield: 12 muffins

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