



# Recipe: Morning Maple Muffins

sodexo\*

🕒 18 minutes

## Ingredients:

- 2 tbsp butter, salted
- 1 C whole wheat flour
- 1 C all-purpose flour
- 1/2 C brown sugar, packed
- 1/2 C sugar free maple syrup
- 1/2 tsp cinnamon, ground
- 2 tbsp sugar
- 1/2 tsp salt

## Streusel Topping:

- 3 tbsp Canola oil
- 2 tsp baking powder
- 1 tsp vanilla extract
- 1/2 C applesauce, unsweetened
- 1 egg
- 2 tbsp walnuts, ground
- 3 tbsp all-purpose flour
- 3/4 C milk, non-fat

## Instructions:

1. Preheat oven to 350 degrees F. Line 16 muffin cups with paper liners.
2. In a large bowl, combine the 2 cups flour, 1/2 cup brown sugar, baking powder, and salt; mix well. In a medium bowl, whisk the melted butter, milk, syrup, egg, and vanilla. Add milk mixture to dry ingredients and mix just until combined. Do not over mix. Spoon batter evenly into muffin cup liners.
3. In a small bowl, combine Streusel Topping ingredients; mix until crumbly. Sprinkle evenly over batter.
4. Bake 18 to 22 minutes or until toothpick comes out clean. Let cool slightly, remove from pan, and let cool completely on a wire rack.

# Nutritional Facts:

<b>Servings:</b>	<b>16 muffins</b>
<b>Amount Per Serving:</b>	
<b>Calories</b>	<b>164</b>
<b>Total Fat</b>	<b>6g</b>
<b>Saturated Fat</b>	<b>2g</b>
<b>Monounsaturated Fat</b>	<b>3g</b>
<b>Polyunsaturated Fat</b>	<b>1 g</b>
<b>Trans Fat</b>	<b>0g</b>
<b>Cholesterol</b>	<b>67 mg</b>
<b>Sodium</b>	<b>185 mg</b>
<b>Potassium</b>	<b>58 mg</b>
<b>Total Carbohydrate</b>	<b>23g</b>
<b>Dietary Fiber</b>	<b>1g</b>
<b>Sugars</b>	<b>10g</b>
<b>Protein</b>	<b>4 g</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.