



SPICY HARVEST MINI MUFFINS

Worried about your sugar intake? Worry no more with these healthy no sugar added Spicy Harvest Mini Muffins!

SERVINGS: 8

PREPPING TIME: 15 MIN

COOK TIME: 15 MIN

INGREDIENTS

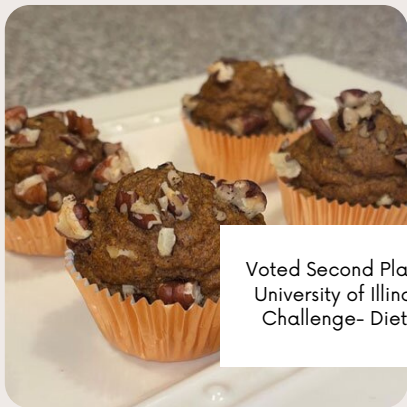
76g Soft Red Winter Wheat
½ tsp Baking Powder
½ tsp Baking Soda
¼ tsp Salt
1g Cinnamon
1g Pumpkin pie spice
⅞ tsp nutmeg
¼ tsp cayenne pepper
56g Unsweetened apple sauce
92g Pumpkin
1 Egg
29 g Milk
½ tsp Vanilla
82g Apple
20g walnuts (optional)

DIRECTIONS

1. In a large bowl add soft red winter wheat, baking powder, baking soda, salt, cinnamon, pumpkin pie spice, cayenne pepper, and nutmeg and mix well
2. In a separate smaller bowl add unsweetened applesauce, egg, milk, vanilla, and canned pumpkin mixing well
3. Add the wet ingredients to the dry ingredients and mix till a smooth thick batter consistency
4. Remove the skin from an apple and finely dice it into cubes
5. Fold the diced the apple into the batter
6. Preheat the oven to 350 degrees
7. Place mini muffin tins into mini muffin mold and spray with a nonstick spray
8. Fill up tins till 7/8ths full (approximately one heaping tablespoon)
9. Chop up the walnuts into smaller pieces
10. Place the walnuts on top of the muffins
11. Bake in the oven for 15 minutes

NOTES

This recipe can be easily modified to fit everyones taste. For non-spicy Harvest Mini Muffins just remove the cayenne pepper and enjoy!



Voted Second Place In the 2022
University of Illinois FSHN Food
Challenge- Dietetics Division



Nutrition Facts

Serving Size: 2 muffins

Servings: 8

Amount per serving

Calories 70 **3%**
0%

% Daily Value

Total Fat 2.5g **7%**

Saturated Fat 0g **8%**

Trans Fat 0g **4%**

Cholesterol 20mg **11%**

Sodium 190mg

Total Carbohydrate 12g **0%**

Dietary Fiber 3g **0%**

Total Sugars 2g **2%**

Includes 0g Added Sugars **4%**

Protein 2g **2%**

Vitamin D 0mcg **2%**

Calcium 30mg

Iron 0.9mg

Potassium 90m

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PUMPKIN, APPLES, WHEAT, SOFT RED WINTER, APPLESAUCE (APPLES, WATER), EGG, WALNUTS, CINNAMON, PUMPKIN PIE SPICE, BAKING SODA, VANILLA EXTRACT (WATER, ALCOHOL (35%), SUGAR, VANILLA BEAN EXTRACTIVES), SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), CAYENNE PEPPER, NUTMEG