



SPICED MUFFINS

SUBMITTED BY: Emily Laliberte - Injury Prevention Advisor, Employee Health

DIRECTIONS:

1. Put all ingredients into a mixing bowl and mix well. Bake in muffin pans at 400 for 15 to 20 minutes

INGREDIENTS:

1/2 cup oil

1 cup sugar

1 1/2 cup flour

1/2 cup unsweetened applesauce

3/4 teaspoon salt

1/2 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon nutmeg

1/2 teaspoon cinnamon

1 teaspoon allspice

1 egg