

CINNAMON SPICED PEACH MUFFINS

Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 muffin)

Nutrition (per serving)

Calories: 185

Total Fat: 8 g

Saturated Fat: 2 g

Sodium: 96 mg

Total Carbohydrate: 28 g

Dietary Fiber: 3 g

Total Sugars: 10 g

Protein: 4 g



Ingredients

Muffins

- Cooking spray
- 3 ripe peaches, peeled, pitted, diced
- 2 teaspoons lemon juice
- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- 1/3 cup Truvia® baking blend
- 2 teaspoons baking powder

Topping

- 2 teaspoons Truvia® Baking Blend

- 1 teaspoon ground cinnamon
 - ¼ teaspoon salt
 - ¼ cup unsalted, trans-fat free, stick margarine, melted
 - ½ cup unsweetened applesauce
 - ¼ cup skim milk
 - 1 large egg
 - ½ cup chopped pecans
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- ½ teaspoon ground cinnamon



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- 1 Tablespoon honey

Directions

1. Preheat the oven to 400° F. Spray muffin pan thoroughly with cooking spray.
2. In a small bowl, toss peaches with lemon juice. Set aside.
3. Combine flours, Truvia®, baking powder, cinnamon, and salt in a large bowl.
4. In a medium bowl, whisk together margarine, applesauce, milk, and egg. Stir milk mixture into the dry ingredients and blend just until moistened. Fold in the diced fruit along with pecans.
5. Spoon into muffin cups, filling about three-quarters full; sprinkle each muffin with the cinnamon topping.
6. Bake for 20 minutes, or until a wooden pick inserted in center comes out clean.
7. Cool for about 3 minutes in pan then remove to cool completely.



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