

## APPLESAUCE MUFFINS

### Ingredients

1. 1 stick butter
2. 1/3 cup olive oil or safflower oil
3. 2 cups sucanat
4. 2 eggs
5. 1 teaspoon vanilla
6. 2 teaspoons baking soda
7. 2 cups applesauce
8. 4 cups whole wheat flour -- soft pastry
9. 2 teaspoons cinnamon
10. 3/4 teaspoon allspice
11. 3/4 teaspoon cloves

### Instructions

1. Preheat oven: 375'
2. Cream the first 5 ingredients. Add baking soda to applesauce. Combine with creamed ingredients. Add dry ingredients. Bake for approx. 20 minutes.