Snack

Fresh Plum Muffins with Cinnamon

Tender whole wheat muffins dotted with juicy diced plums and warmed with cinnamon, kept moist with applesauce.

35 min	140	23 g	3 g
time	calories	carbs	sugars



Vegetarian | Freezer safe

Ingredients, 12 servings

- [ ] 2 cup whole wheat flour
- [ ] 5 tbsp baking sugar substitute
- [ ] 2 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/2 tsp ground cinnamon
- [ ] 1/4 tsp salt
- [ ] 1/2 cup unsweetened applesauce
- [ ] 1/2 cup skim milk
- [ ] 2 whole eggs (beaten)
- [ ] 1/4 cup vegetable oil
- [ ] 1 tsp vanilla extract
- [ ] 1 cup plums (small diced)

Nutrition Facts

Per serving

Calories	**140**
Total fat	6 g
Saturated fat	1 g
Sodium	120 mg
Total carbs	23 g
Fiber	3 g
Total sugars	3 g
Protein	4 g

Method

- [ ] **1** Heat the oven to 375 degrees F and grease a muffin tin or line it with paper liners.
- [ ] **2** Whisk the whole wheat flour, baking sugar substitute, baking powder, baking soda, ground cinnamon, and salt together in a large bowl.
- [ ] **3** In a separate bowl, stir the unsweetened applesauce, skim milk, beaten eggs, vegetable oil, and vanilla extract until blended.
- [ ] **4** Pour the wet mixture into the flour mixture and stir only until combined, then gently fold in the small diced plums.
- [ ] **5** Spoon the batter into the prepared muffin cups, filling each about two-thirds full.
- [ ] **6** Bake for 15-20 minutes, until a toothpick inserted in the middle comes out clean.
- [ ] **7** Let the muffins sit in the pan for 5 minutes, then move them to a wire rack to cool completely.

diabic.com/recipes

Scan to open this recipe and its shopping list