



Level 4 Pureed Apple Cinnamon Muffins

IDDSI LEVELS 4 5 6



INGREDIENTS

| | 1 SERVINGS | 8 SERVINGS | 16 SERVINGS |
|---|------------|------------------------|----------------|
| THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519 | 2 Tbsp | 1/2 bag About 1 cup | 1 bag |
| Vegetable oil | 1/2 Tbsp | 4 Tbsp | 8 Tbsp |
| Brown sugar | 1/2 tsp | 1 Tbsp + 1 tsp | 2 Tbsp + 2 tsp |
| Cinnamon | 1/8 tsp | 1 tsp | 2 tsp |
| Vanilla extract | 3-4 drops | 1/2 tsp | 1 tsp |
| Applesauce, unsweetened | 1 Tbsp | 1/2 cup | 1 cup |
| Apple juice, hot | 1 1/2 Tbsp | 3/4 cup | 1 1/2 cups |
| Brown sugar (for topping) | 1/4 tsp | 2 tsp | 4 tsp |
| Cinnamon (for topping) | pinch | 2 dashes | 1/8 tsp |
| Vegetable Oil (for topping) | 1 drop | 1/4 tsp | 1/2 tsp |

NUTRITION

Serving Size:
1 muffin (2 oz or #20 scoop)

Calories: 150

Total Fat: 8g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 75mg

Total Carb: 21g

Dietary Fiber: 0g

Total Sugars: 10g

Added Sugars: 3g

Protein: 2g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 0% DV

Potassium: 0% DV

DIRECTIONS

1. Lightly spray pan(s) with non-stick cooking spray.
2. Combine brown sugar, cinnamon, and bread mix in a mixing bowl. Add oil and stir until mixture resembles wet sand.
3. Add vanilla extract to hot apple juice. Add to bread mixture and stir briskly with wire whip until blended.
4. Stir in applesauce.
5. Immediately portion one #20 scoop into each muffin cup and spread evenly with a spatula.
6. Cover and allow to rest at room temperature or in refrigerator for a minimum of 30 minutes.
7. Carefully remove muffins from pan.
8. For topping: Stir together brown sugar, cinnamon and vegetable oil until mixture resembles wet sand.
9. Just prior to serving, sprinkle about 1/4 tsp brown sugar/cinnamon topping onto each muffin.
10. Portion one muffin per serving.

SERVING SUGGESTIONS

- Use pleated cupcake liners or silicone muffin cups to create a more realistic muffin appearance
- This recipe can also be used as an apple cake, apple bread or apple pancakes.
- Apple Bread: Spread mixture into a 9x5 loaf pan. Cover and allow to rest as instructed above. Sprinkle with brown sugar/cinnamon mixture. Cut and serve.
- Apple Cake: Spread mixture into an 8-inch cake pan. Cover and allow to rest as instructed above. Sprinkle with brown sugar/cinnamon mixture or frost with cream cheese frosting.
- Apple Pancakes: Immediately after mixing, portion and spread mixture into 3 or 4-inch circles. Once set, heat gently and serve with syrup.

