

**Recipe Name:** Applesauce Muffins

**Recipe Category:** Breads//Biscuits/Muffins

**Portion Size:** 1 muffin

**Ingredients: Yields: 48**

Ingredients	Notes:
8 cup all-purpose flour	
2 tablespoons baking soda	
2 teaspoons ground all spice	
1 teaspoon ground nutmeg	
2 teaspoons ground cinnamon	
1 teaspoon ground ginger	
1 teaspoon salt	
1 ½ cup margarine or butter	
1 cup honey	
1 quart unsweetened applesauce	
3 cups raisins (optional)	
1 ½ cups crushed walnuts (optional)	
1/2 cup raisins (optional)	

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Preheat oven to 350 F. degrees. Line muffin tins with paper liners or spray with non-stick cooking spray.	
2	In a large mixing bowl mix flour, baking soda, all spice, nutmeg, cinnamon, cloves, ginger and salt together.	
3	In another large mixer bowl beat butter until smooth. Add honey and mix for 2 minutes. Slowly add flour mixture into butter mixture, alternating with applesauce until smooth. Fold in raisins and walnuts.	
4	Fill greased muffin tins 2/3 full and bake at 350 degree oven for 20 to 25 minutes. Test with toothpick in center of muffin to come out clean.	<i>Store in air tight container for up to 72 hours. May freeze for up to 30 days</i>

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size after cooking. Moisten with milk as needed. Cut away any hard crusts. Omit raisins and nuts.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with milk as needed. Cut away any hard crusts. Omit raisins and nuts.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with milk as needed. Cut away any hard crusts. Omit raisins and nuts.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add milk or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Omit raisins and nuts.

**Therapeutic Modified Diets:**

**Low-fat:** Omit nuts.

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes.

**Bland/Anti Reflux:** Omit nutmeg, all spice and cinnamon

**Liberal House Renal:** Use alternate menu item

**No Added Salt:** No changes needed

**2 Gram Sodium:** Use alternate menu item

**Gluten Free:** Use gluten free alternatives flour and GF baking powder. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X	X		X		

Key: SF= Salt Free D= Diet or Sugar Free LF = Low-fat FF = Fat Free GF = Gluten Free