Title of Recipe: Whole Wheat Blueberry Cranberry Muffins

Ingredients:

1½ cups whole wheat flour

¼ cup sugar (if you like more sugar, use 1/3 cup)

½ teaspoon salt

1 ½ teaspoons ground cinnamon

2 teaspoons baking powder

**NOTE:**

* **Instruction cards must be written or typed on to 4x6 white index cards.**
* **Must bring 2 copies of each recipe.**

1/3 cup unsweetened applesauce

1 egg

1/3 cup skim milk

1 teaspoon butter, melted

1 cup fresh blueberries

½ cup cranberries

Directions:

Preheat oven to 400 degrees. Grease muffin cups or line with muffin liners. Combine flour, sugar, salt, cinnamon and baking powder. Add applesauce, egg and milk. Mix this with flour mixture. Add butter and mix. Fold in blueberries and cranberries. Fill muffin cups right to the top. Bake for 20 to 25 minutes in the preheated oven or until done. Serving Size: 12 muffins