



Farm Animal Muffins

Makes 12-14 muffins. Prep time: 35 minutes.

Ingredients

Muffins

- 1 ½ cups whole wheat flour
- 2 teaspoons baking powder
- ¾ cup brown sugar
- ½ teaspoon salt
- 2 teaspoons cinnamon
- ¼ cup butter
- 1 egg
- ⅓ cup milk
- ¼ cup unsweetened applesauce
- 4 teaspoons vegetable oil
- 2 teaspoons vanilla extract
- 2 green apples, finely diced

Decorations

- Red apple (or peach)
- Raisins
- Dried mango
- Natural red and black licorice
- Dried cranberries
- Blueberries

Invite all your favorite farm friends over for breakfast with these tasty muffins.



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Preparation

Bake your muffins

1. Preheat the oven to 400 degrees F. Put paper liners in the muffin tin cups.
2. In a large bowl, combine the flour, baking powder, brown sugar, salt and cinnamon.
3. In a separate bowl, beat together the butter, egg, milk, applesauce, oil and vanilla.
4. Pour the wet ingredients into the dry ingredients. Stir until just combined. Gently stir in the diced apples.
5. Spoon the batter into the muffin tin cups. Fill them about two-thirds full. Bake 20 to 25 minutes or until golden brown. Remove from oven and let cool.

Decorate your muffins

Pig: Cut a small oval from the red apple for the nose and two small apple cubes for the eyes. Cut two slivers from the raisins for nostrils. Cut two small triangles out of the dried mango for the ears.



Chicken: Cut a small triangle out of the dried mango for the beak. Cut a raisin in half for the eyes. For the comb, cut a short piece of red licorice lengthwise into six thin strips, then use a toothpick to create six holes in the muffin for the licorice strips to fit into.



Cat: Use a dried cranberry for the nose and a short piece of black licorice cut lengthwise into six thin strips for the whiskers. Cut a blueberry in half for eyes. Cut two triangles from the outer edge of the apple for ears.



Recipe and photos by Mighty Media, Inc., mightymedia.com

Nutritional information per serving

| Calories | Fat | Cholesterol | Sodium | Carbs | Fiber | Protein |
|----------|------|-------------|---------|-------|-------|---------|
| 172 | 6 g. | 28 mg. | 206 mg. | 27 g. | 2 g. | 3 g. |

The nutritional values and information provided are approximations.