

Apple Cider Muffins - makes 12 muffins

- Cooking spray, butter, or shortening to grease the muffin tins
- Evaporated cane juice, or granulated sugar for the tins
- 1 cup unbleached all-purpose flour
- $\frac{3}{4}$ teaspoons baking powder
- $\frac{3}{4}$ teaspoons baking soda
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- 1 egg, lightly beaten
- $\frac{1}{4}$ cup packed brown sugar
- $\frac{1}{4}$ cup applesauce or apple butter (I used homemade apple butter.)
- 2 Tablespoons pure maple syrup
- 3 Tablespoons apple cider
- 3 Tablespoons nonfat, or low-fat plain yogurt
- 1 $\frac{1}{2}$ Tablespoons oil

Preheat the oven to 350° F.

Lightly coat the muffin tins with cooking spray, butter, or shortening, then sprinkle the sugar to coat. Shake out the excess.

Mix the flour, baking powder, baking soda, salt, cinnamon, and nutmeg in a small bowl.

Mix the egg, brown sugar, apple butter, maple syrup, apple cider, yogurt, and oil in a large bowl, then add the dry ingredients. Stir just to moisten. Divide the batter into the muffin tins, filling each half to three-quarters full.

Bake 18-20 minutes, or until the tops spring back when touched lightly. Carefully remove from the tins ... the sugar coating will be very hot on the bottom of the muffins! Let cool for a few minutes on a wire rack.

Best if eaten immediately!

Bon Appétit!