



Level 4 Pureed Apple Cinnamon Muffins





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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	2 tsp	1/3 cup	2/3 cup
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

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