

# CINI-MINI MUFFINS



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## Ingredients

Yields: 12-16

- 3/4 c all-purpose flour + 3/4 c whole wheat flour
- 1/2 c sugar
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground nutmeg
- 1/2 tsp ground allspice
- 1 egg, lightly beaten
- 1/2 c unsweetened almond milk
- 1/3 lite butter, melted

## TOPPING:

- 2 tbsp sugar
- 1/2 tsp ground cinnamon
- 1/4 c lite butter, melted

## Directions

1. In a large bowl, combine flour, sugar, baking powder, salt, nutmeg and allspice.
2. Combine the egg, milk and margarine; mix well. Stir into dry ingredients just until moistened.
3. Spoon into greased or paper-lined mini muffin cups. Bake at 400 degrees F for 12-14 minutes or until muffins test done.
4. For topping, combine sugar and cinnamon. Brush the tops of warm muffins with margarine; sprinkle with cinnamon-sugar.

## Nutrition Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 muffin	91	4 g	1 g	12 g	124 mg

Carbohydrate Exchange: 2