

FCCLA Muffins

3.6 cups flour	3 eggs
1 cup sugar	½ cup vegetable oil
.45 cups instant nonfat dry milk	½ cup applesauce
1.2 Tbs baking powder	3 tsp vanilla
1.2 tsp baking soda	2 cups water
1.2 tsp salt	2 cups blueberries

Servings: 24 *standard muffins*

Nutrition Facts

Serving size: 1/24 of a recipe (2.9 ounces).
 Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
 Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	162.05
Calories From Fat (29%)	47.45
% Daily Value	
Total Fat 5.37g	8%
Saturated Fat 0.57g	3%
Cholesterol 23.34mg	8%
Sodium 264.47mg	11%
Potassium 50.22mg	1%
Total Carbohydrates 25.49g	8%
Fiber 0.85g	3%
Sugar 10.37g	
Protein 2.98g	6%

*Preheat oven 400° - spray tins with cooking spray
 beat wet ingredients (eggs, water, oil, applesauce, vanilla)
 Stir in dry ingredients - batter will be lumpy
 Fill muffin tins
 Bake 18-20 min. or until golden brown*