

## Applesauce Muffins

1 ¼ cup unsweetened applesauce  
1 large organic egg  
2 Tablespoons Expeller pressed or cold pressed oil  
¼ cup honey  
1 cup whole wheat (or other grain such as oat) flour  
1 cup unbleached white flour  
2 teaspoons baking powder  
¾ teaspoon baking soda  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
¾ cup golden raisins

1. In a large bowl, beat together applesauce, egg, oil and honey. Set aside
2. In a medium bowl, combine the whole wheat and white flours, baking powder, baking soda, cinnamon and nutmeg. Add this to the applesauce mixture, stirring just to moisten the dry ingredients, do not over mix. Stir in the raisins and divide the batter among 12 muffin cups sprayed with Pam.
3. Bake the muffins in a preheated 375 degree oven for 20 minutes or until toothpick comes out clean.