



Power Blend Muffins

Servings

18

Calories

270

Prep Time

5 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- 1 (10 ounces) package Mann's Power Blend
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 cup sugar
- ½ cup walnuts, chopped
- ½ cup raisins
- ¼ cup sweetened flaked coconut
- 3 large eggs
- 1 cup canola oil
- 2 teaspoons vanilla
- 1 Granny Smith apple
- Turbinado sugar, for topping



The Method

Preheat oven to 350° F. Spray eighteen ½ cup muffin cups with non-stick spray.

In a large bowl, whisk together flour, baking soda, cinnamon, salt and sugar. Pulse Veggie Power Blend in a food processor a few times, and stir into the flower mixture, along with the walnuts, raisins and coconut.

In a small bowl, beat the eggs lightly with the oil and vanilla. Peel and core the apple, and grate it using a box grater. Stir the apple into the egg mixture, then add the wet ingredients to the dry ones. Mix until just combined. Pour the batter into the greased muffin tins, filling them three-quarters full. Sprinkle the top of the batter with the turbinado sugar and bake until puffed and a tester comes out clean, 20-25 minutes.

Cool muffins in cups on racks for 5 minutes before turning out to cool completely. Muffins keep in an airtight container for up to 5 days.



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Nutrition Facts

Servings: 18

Amount Per Serving

Calories 270 | Total Fat 16g (sat fat 1.5g trans 0g | Cholesterol 30mg | Sodium 460mg | Total Carbohydrate 29g | Dietary Fiber 1g | Sugars 17g (Includes 11g Added Sugars) | Protein 3g | Vitamin D 0% | Calcium 6% | Iron 6% | Potassium 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs