



Wholesome Whole Wheat Applesauce/Banana Muffins

INGREDIENTS:

- 1 pkg of Hodgson Mill Whole Wheat Muffin Mix
- 1 tbsp of vanilla yogurt
- 1 egg
- 3/4 cup apple sauce
- 1 banana mashed
- 1/2 tsp cinnamon
- 1/2 tsp vanilla

Directions:

Preheat oven to 400 degrees. Grease one muffin cup pan or two mini muffin pans

Place contents of package in mixing bowl, add all ingredients, and mix just until blended.

Spoon batter into greased muffin cups (batter will be thick). Bake 15 minutes. (12 minutes for mini muffins.)

Enjoy!

Jill Mulholland, HHC, CNHP, Doula

info@hera-wellness.com • 917-701-7546 • www.hera-wellness.com