

Ingredients

Quantity:	Measure:	Ingredients:	Description:
6	Tablespoon	Apple Sauce	
1	Tablespoon	Baking Powder	
1	Nos	Eggs	
0.5	Teacup	Flour, Maida - (Refined)	
1.5	Teacup	Flour, Wheat - (Atta)	
1	Teacup	Milk	
3	Tablespoon	Sugar	

Method

Preheat oven to 400 degrees. Mix Dry: first 4 ingredients (1 1/2 c. whole wheat flour - 1/2 c. all purpose flour - 1 tbsp. baking powder - 3 tbsp. Sugar) together in a medium size bowl. Mix last 3 ingredients Liquid: (1 egg - 1 c. skim milk 6 tbsp. apple sauce) together in another bowl. Add liquid ingredients to the dry ones. And mix with as few strokes as possible. Line muffin pan with paper liners. Fill liner 3/4 of the way full. Bake for about 20 minutes or until done. *Variations add about 1 cup of fruit or vegetables and 1 teaspoon of spice.