

APPLE NUT CUPCAKES



INGREDIENTS

- 1/2 C Earth Balance margarine for baking
- 1 C Splenda sugar substitute cup for cup
- 1 1/3 C Applesauce
- 1 Apple (good for baking) (grated)
- 1 C Raisins
- 1/2 t Vanilla
- 2 1/2 c Quinoa flour
- 2 t Baking soda
- 1/2 t Salt
- 1 t Cinnamon
- 1/2 C Walnuts (chopped)
- 3/4 C Egg substitute

DIRECTIONS

- 1 Pre-heat oven to 350 F & place cupcake liners in the wells of your cupcake pan
- 2 Cream margarine & sugar substitute together
- 3 Beat in the egg substitute & stir in the applesauce, grated apple, raisins & vanilla
- 4 In a separate bowl stir together the remaining dry ingredients
- 5 Add the wet mix to the dry ingredients stirring until well combined
- 6 Bake 30 - 45 minutes or until an inserted toothpick comes out clean
- 7 Allow cupcakes to sit in their pan for 15 minutes & then remove to a wire rack to finish cooling

NOTES

You can buy Quinoa flour & other grains in bulk at some health food stores

