

Apple Muffins

Nancy Field

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 18 muffins

*1/4 cup Crisco
1/2 cup sugar
1 egg, beaten
1 1/2 cups flour
1/2 teaspoon salt
3 teaspoons baking powder
1/2 teaspoon cinnamon
1/2 cup milk
1 cup chopped , peeled
apple
1/3 cup brown sugar
1/3 cup chopped nuts
1/2 teaspoon cinnamon
butter, melted*

In a bowl, cream together the Crisco, sugar and beaten egg.

In a bowl, sift together the flour, salt, baking powder and cinnamon. Stir the mixture into the creamed mixture alternately with the milk. Fold in the apple.

In a bowl, mix together the brown sugar, nuts and cinnamon mixed with a small amount of melted butter.

Pour the batter into muffin cups and sprinkle with the brown sugar topping mixture.

Bake at 350 degrees for 25 minutes.

Serve warm.

Per Serving (excluding unknown items): 1701 Calories; 37g Fat (19.4% calories from fat); 38g Protein; 311g Carbohydrate; 11g Dietary Fiber; 229mg Cholesterol; 2688mg Sodium. Exchanges: 10 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 6 Fat; 10 Other Carbohydrates.