



Spicy Apple Cupcakes

Makes 10 cupcakes (1 per Child Sized Portions)

Preparation time: 10 minutes

Cooking time: 20 to 25 minutes Preheat oven to 350°F (180°C)

Common allergens: egg, wheat

Equipment List

- Measuring cups and spoons
- Small bowl
- Medium bowl
- Electric mixer or wooden spoon
- 10 muffin cups, lined with paper cups or sprayed with vegetable spray

Nutrition Information

Energy	160 calories
Total Fat	2 g
Carbohydrate	27 g
Fibre	1 g
Protein	2 g
Sodium	189 mg

What You Need

INGREDIENTS	AMOUNTS	METRIC
All-purpose flour	1 cup	250 mL
Ground cinnamon	¼ tsp.	1 mL
Ground nutmeg	¼ tsp.	1 mL
Ground ginger	¼ tsp.	1 mL
Ground cloves	¼ tsp.	1 mL
Baking powder	½ tsp.	2 mL
Baking soda	½ tsp.	2 mL
Salt	½ tsp.	2 mL
Granulated sugar	½ cup	125 mL
Brown sugar, lightly packed	¼ cup	60 mL
Soft margarine	¼ cup	60 mL
Egg	1	1
Vanilla	½ tsp.	2 mL
Applesauce, unsweetened	½ cup	125 mL

Instructions

1. In a small bowl, combine flour, cinnamon, nutmeg, ginger, cloves, baking powder, baking soda and salt.
2. In a medium bowl, using an electric mixer or wooden spoon, cream granulated sugar, brown sugar and margarine until fluffy. Beat in egg and vanilla. Stir in flour mixture until blended. Stir in applesauce.
3. Divide batter among the muffin tins, filling them half full. Bake in preheated oven for 20 to 25 minutes or until a toothpick inserted into the centre comes out clean. Let cool in pan on a rack for 10 minutes. Transfer to rack to cool completely.

Recipe taken from Bake Better Bites