

Whole Wheat Honey Muffins

Ingredients:

- 2 cups whole wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/4 cup vegetable oil
- 1/4 cup unsweetened applesauce
- 1/2 cup honey
- 1 cup water

Directions:

1. Mix all dry ingredients in large bowl.
2. Combine wet ingredients in a separate bowl and then mix well with dry ingredients.
3. Pour into prepared muffin pan.
4. Bake at 375 for 20 to 24 minutes.

Yields: 12 muffins