

Strawberry Muffins **(makes 24 – 28 muffins)**

Ingredients:

2 1/2 cups chopped strawberries

1/3 cup vegetable oil

1 cup milk

2 eggs

1/2 cup applesauce (unsweetened)

1/4 cup honey

2 cups whole wheat flour

2 cups white flour

1 cup sugar

1 teaspoon salt

2 tablespoons baking powder

1 1/2 teaspoons cinnamon

1 can of cream cheese frosting (the one without high fructose corn syrup)

Directions:

1. Cut strawberries and place in bowl. Set aside. (When finished cutting, you should have 2 1/2 cups of chopped strawberries.)
2. In a small bowl, mix oil, milk, eggs, applesauce and honey. Set aside.
3. In a large bowl, mix flour, sugar, salt, and baking powder. Then add berries to this dry mixture.
4. Add liquid ingredients from small bowl to ingredients in large bowl.
5. Pre-heat oven to 350 degrees.
6. Line muffin pans with baking cups. (We used Reynolds “Stay Brite” baking cups. The outside design was colorful and bright, and stayed that way even after the muffins came out of the oven.)
7. Fill each baking cup with mixture. (Just shy of the top.)
8. Bake for 20-25 minutes. Check with toothpick to confirm they are finished.

Once cool, top with cream cheese frosting from can. (We chose the one without high fructose corn syrup.)