



This muffin may be served at breakfast as a grain item or as an accompaniment with chili.

Recipe Name	Cinnamon Muffin	Total Yield	12	Prep Time	15 min + 5 min cool
Cooking Process	#2 Same Day Service	Servings	12	Cook Time	20 Minutes
Menu Type	Bread/Grain	Portion Size	1 - Muffin	Crediting	1 Muffin = 1.25 oz eq Grain

INGREDIENTS	WEIGHTS	MEASURE	DIRECTIONS
Brown Sugar, Packed		1/4 Cup	1. Preheat oven to 375 degrees °F. Spray muffin pans with pan release spray or use muffin liners. 2. Combine brown sugar and cinnamon in a small bowl. Set aside for step 6. 3. In a medium bowl, whisk together flours, salt, and baking powder. 4. In a separate small bowl, whisk together applesauce, milk, sour cream, oil, eggs, and vanilla. Stir well until all ingredients are incorporated. 5. Slowly combine the wet mixture with the dry mixture. Mix until just combined; do not overmix. 6. Gently fold in the cinnamon sugar mix into the muffin batter. 7. Use a No. 16 scoop (¼ cup) to portion 2 oz of batter into each muffin cup. Bake until golden brown or until a toothpick comes out clean when inserted into the middle of the muffin, approximately 20 minutes (ovens may vary). 8. Allow to cool in the muffin tin for 5 minutes before transferring to a wire rack to finish cooling. 9. While muffins are baking, add the ingredients for the glaze in a small mixing bowl. Use a handheld mixer or whisk to fully incorporate the ingredients. Once muffins are cooled, drizzle the cream cheese mixture over the muffins.
Cinnamon		1 Tbsp	
All Purpose Flour	4.8 Oz	1 Cup	
Whole Wheat Flour	4.9 Oz	1 Cup	
Salt		1/2 tsp	
Baking Powder		1 Tbsp	
Applesauce, unsweetened		1/4 Cup	
Milk, 1%		1/2 Cup	
Sour Cream, Low-fat		1/2 Cup	
Vegetable Oil, Soybean, canola		1 Cup	
Egg, Large		2 Eggs	
Vanilla Extract		1 Tbsp	
For the Icing			
Cream Cheese, Softened	1 Oz		
Powdered Sugar		1/2 cup	
Milk, 1%		1/2 Tbsp	

NUTRITION FACTS: Calories - 313 kcal | Total Fat - 20.5 g | Saturated Fat - 4 g | Cholesterol - 38 mg | Sodium - 251 mg | Carbohydrates - 29 g | Fiber - 2 g | Total Sugar - 10.5 g | Added Sugar - 8.5 g | Protein - 5 g

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