

Apple Spice Cranberry Muffins  
By Beverly Pell, Heartland Café, Okotoks

**Ingredients:**

| 2 cups all purpose flour  
2/3 cup white sugar  
2 tsp baking powder  
1 tsp baking soda  
1/2 tsp salt  
1 tsp ground allspice  
1 tsp ground cinnamon  
1/2 tsp ground ginger  
3/4 cup sundried cranberries  
2 medium eggs  
1/3 cup canola oil  
1 1/4 cups unsweetened applesauce

**Method:**

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- Preheat oven to 350°F and lightly coat 12 muffin cups with non-stick cooking spray.
  - In a medium sized bowl, combine flour, sugar, baking powder, baking soda, salt, allspice, cinnamon and ginger. Mix all dry ingredients together well with a fork or whisk.
  - In a large separate bowl, whisk together the oil, eggs, and applesauce until smooth.
  - Add the dry ingredients to the egg mixture until combined.
  - Fill each muffin cup to the top and bake for about 30 to 35 minutes until center of the muffin springs back to the touch.
  - Transfer muffins onto cooling rack and serve with cranberry jelly and butter.