

Lowfat Muffins

½ c or 4 oz unsweetened applesauce

½ c or 4 oz water

1 egg

¼ c Stevia

Mix these ingredients together. Add the following:

1 ½ c Kodiak pancake mix – buttermilk protein-packed

1 tsp baking powder

1 tsp cinnamon

1 tsp vanilla

Stir until well mixed but do not over mix. Fold in following fruit if you desire:

¾ c blueberries

If you want to use bananas – add 2 ripe bananas to wet mixture AND increase Kodiak mix to 2 c.

Make 6 large muffins or 12 small muffins.

Bake at 350 degrees for 15-18 minutes until toothpick come out clean.