

Pump Up the Jam Muffins

Serving size: 1 muffin

Serves: 12



1 apple, peeled and diced
2 T. non-dairy margarine
1/4 c. sugar
1 egg
1 t. vanilla
1 c. flour
1/2 t. salt
1/2 t. cream of tartar
1/4 t. baking soda
1/4 c. non-dairy sour cream
1/4 c. strawberry jam



Preheat oven to 350°F. Place liners in muffin pan and coat with cooking spray.

Place apple bits into a microwave safe container and microwave on high for 2 minutes. Set aside until cool, or rinse with cold water and drain. Set aside.

In a large bowl, mix together margarine and sugar. Add egg and vanilla, mix until combined. Add flour, salt, cream of tartar, and baking soda, and mix until well combined. Add reserved apple bits, non-dairy sour cream, and jam. Mix until blended. Spoon into paper liners, dividing evenly.

Bake for 18-20 minutes until slightly golden or a toothpick comes out clean. Place on rack to cool.

Estimated calories: 125 cal/serving