



# Constance's Stage Left

## January 2015

### **Apple Walnut Cinnamon Muffins**

Recipe from Pat Foreman

#### **Ingredients**

- 4.4 oz. of Greek total yogurt
- 7 oz. plain flour
- 2 tsp baking powder
- 1 tsp baking soda
- pinch of salt
- pinch of ground nutmeg
- 2 tsp ground cinnamon
- 3.5 oz. organic soft brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 6 oz. sugar free applesauce, chunky
- 1/2 c. shredded zucchini
- 1/2 c. chopped dried apricots
- 1/2 c. chopped walnuts

Preheat oven to 390 degrees. Combine all dry and liquid ingredients in separate bowls. Mix the dry and liquid ingredients together until evenly combined. Spoon into buttered muffin pan. Bake for 12-15 minutes until golden and firm! Let cool and enjoy!

For more recipes, nutrition tips and more, check out Constance's Stage Left at [www.BalletNova.org/blog](http://www.BalletNova.org/blog) each month!