

# Let's Cook our Commodities!

## Fruit Cocktail Muffins



### Ingredients

- 1 cup whole wheat flour
  - 1 Tbsp. cornstarch
  - 1 Tbsp. baking powder
  - ¾ cup fruit cocktail or mixed fruit in juice, drained
  - 1 large egg
  - ½ cup low- or non-fat vanilla yogurt
  - 1 tsp. vanilla extract
  - 1½ Tbsp. vegetable or canola oil
  - ¼ cup unsweetened applesauce
  - ¼ cup brown sugar
- Non-stick cooking spray

**Makes**  
8 servings

**Prep Time**  
10 minutes

**Cook Time**  
25 minutes

**Low in**  
**Sodium**  
**Fat**



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### Nutrition Facts

9 servings per container	
<b>Serving size</b>	<b>1 slice (83g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 19g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 56mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 190mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

1. Preheat oven to 350 F.
2. Spray a muffin pan with non-stick cooking spray, then lightly flour the pan and set aside.
3. In a mixing bowl, combine the flour, cornstarch, and baking powder and stir to mix well.
4. Add in the drained fruit cocktail or mixed fruit. Stir until all fruit pieces are well coated.
5. In a separate large mixing bowl, lightly beat the egg. Add in the yogurt, vanilla extract, and oil and mix well.
6. Add the applesauce and sugar into the wet ingredients and mix until smooth.
7. Add the dry ingredients to the wet ingredients and mix until just combined, being careful not to overmix.
8. Fill each cup of the prepared muffin pan about ¾ of the way full.
9. Bake for 25 to 30 minutes or until a toothpick inserted in the center of a muffin comes out clean.
10. Let cool for 5 minutes before serving. Refrigerate leftovers.

