



CHOCOLATE CHIP CHEERIOS MUFFINS

Serves 12

INGREDIENTS

2 cups Cheerios cereal
1¼ cups all-purpose flour
1/3 cup light brown sugar, packed
1 teaspoon baking powder
1 teaspoon ground cinnamon
¾ teaspoon baking soda
1 cup applesauce
1/3 cup fat-free milk
2 tablespoons vegetable oil
1 egg
1/3 cup miniature semisweet
chocolate chips

PREPARATION

Preheat the oven to 400°F. Place paper baking cups in a regular 12 muffin pan. Place cereal in a resealable plastic bag and seal bag. Using a rolling pin, crush cereal. Pour into a large bowl. Add flour, brown sugar, baking powder, cinnamon and baking soda. Mix well. Stir in remaining ingredients, just until moistened. Divide batter evenly among muffin cups. Bake 18-22 minutes or until golden brown. Immediately remove from muffin tins. Cool 5 minutes before serving.



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