

# Apple Cider Muffin

<b>Recipe Yield</b>	50 portions
<b>Serving size</b>	1 each
<b>Cooking method</b>	Bake
<b>Cooking temperature</b>	350F/163C
<b>Cook time</b>	15 minutes
<b>Ingredient amount</b>	<b>Ingredient List</b>
240-360 mL	Vinegar, Apple Cider
1 1/2 Cup	Yogurt, Greek Plain
1 Tbsp	Extract, Vanilla
1 7/8 Tbsp	Cinnamon, Ground
2 7/8 Cup	Applesauce, Unsweetened
1 2/3 Kg	Muffin Mix, Bran
1/2 Cup	Wheat Germ

## Preparation steps

1.	Wash hands before beginning preparation & sanitize surfaces & equipment. Preheat oven to 350F/175C, place muffin liners in pans
2.	In a large mixing bowl, combine apple cider vinegar, yogurt, vanilla extract, cinnamon, and applesauce. Mix well.
3.	Add muffin mix and wheat germ to wet ingredients, mix to incorporate.
4.	Fill each muffin liner with 1 Tbsp of prepared muffin batter. Lower oven to 325F/163C and bake until toothpick comes out clean (15 minutes)
5.	Best served warm or wrap and refrigerate.
6.	CCP - *Maintain <40F/4C after service for storing.

## Nutrition facts for 1 muffin

Calories: 158 kcal  
Protein: 4 g  
Carbohydrates: 27 g  
Total fat: 5 g