

Fruit Muffins

Makes: 12

Time to Prepare: 80 minutes

Ingredients:

1 cup	Dates, Chopped	250 ml
1/2 cup	Prunes, Chopped	125 ml
1/2 cup	Raisins	125 ml
7/8 cup	Water	220 ml
1/2 cup	Applesauce	125 ml
1/2 cup	Vegetable Oil	125 ml
2	Eggs	2
1 cup	All Purpose Flour	250 ml
1 tsp	Baking Soda	5 ml
1 tsp	Cinnamon	5 ml
1/2 tsp	Salt	3 ml
1/2 cup	All Bran	125 ml
1/2 cup	Chopped Pecans	125 ml

Directions:

- Preheat oven to 375°F (190°C).
- Line muffin pan with paper muffin cups.
- Simmer dates, prunes and raisins in water for 15 minutes, stirring regularly
- In a large bowl, combine applesauce, oil, and eggs
- Sift flour, baking soda, cinnamon, and salt together
- Add dry ingredients to wet and stir lightly
- Add All Bran and pecans and mix
- Divide batter among muffin cups
- Bake for 25-30 minutes or until a toothpick comes out clean.
- Remove from pan and let cool.
- OPTION: Replace chopped pecans with dried cranberries