

- » 2 tablespoons (30 mL) soft margarine
- » 2 tablespoons (30 mL) sugar replacement
- » 1 egg (beaten)
- » 1 1/4 cups (310 mL) flour
- » 1/4 teaspoon (2 mL) salt
- » 2 teaspoons (10 mL) baking powder
- » 6 tablespoons (90 mL) skim milk
- » 1 small apple (peeled and chopped)

YIELD: 12 muffins

EXCHANGE: 1 bread per muffin

CALORIES: 72 per muffin

Cream margarine and sugar replacement; add egg. Stir in remaining ingredients. Spoon into greased muffin tins, filling no more than two-thirds full. Bake at 400°F (200°C) 25 minutes, or until done.