

## Recipe for: Applesauce Baby Muffins

Makes 12 mini-muffins

### Ingredients

½ cup whole wheat flour  
¼ cup wheat germ  
¼ cup iron-fortified baby cereal, such as oatmeal  
½ tablespoon baking powder  
1/8 teaspoon salt  
½ teaspoon cinnamon  
1 large egg  
½ cup milk  
3 tablespoons brown sugar, or 1.5 tablespoons agave nectar  
¼ cup applesauce  
½ teaspoon vanilla

### Directions

Preheat oven to 350 degrees. Butter a one-dozen mini-muffin tin. Whisk together the flour, wheat germ, baby cereal, baking powder, salt and cinnamon in a medium mixing bowl. In a smaller bowl, mix together the egg, milk, sugar or agave nectar, applesauce and vanilla. Add the wet ingredients to the dry ingredients and mix until just incorporated. Drop by heaping tablespoons into muffin tins. Bake 13 to 15 minutes, or until a toothpick comes out clean.

**Recipe from the Fredericksburg Families Blog.**  
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## Recipe for: Banana-Yogurt Baby Muffins

Makes 18 mini-muffins

### Ingredients

½ cup whole-wheat flour  
¼ cup iron-fortified baby cereal, such as oatmeal  
¼ cup wheat germ  
1/8 cup ground flaxseed  
½ tablespoon baking powder  
1/8 teaspoon salt  
½ teaspoon cinnamon  
1 egg  
¾ cup plain whole-milk yogurt  
2 tablespoons brown sugar, or 1.5 tablespoons agave nectar  
2 medium ripe bananas, mashed  
½ teaspoon vanilla

### Directions

Preheat oven to 350 degrees. Butter a one-dozen mini-muffin tin. Whisk together the flour, baby cereal, wheat germ, flaxseed, baking powder, salt and cinnamon in a medium mixing bowl. In a smaller bowl, combine the egg, yogurt, sugar or agave nectar, bananas and vanilla. Pour the wet ingredients into the dry ingredients and stir until just incorporated. Drop by the heaping tablespoonful into muffin tins. Bake 15 to 17 minutes, or until a toothpick comes out clean.

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