

Apple Pecan Muffins

1 box spice cake mix
½ teaspoon pumpkin pie spice
2 large eggs
¾ cup apple juice
½ teaspoon vanilla
¼ cup toasted and finely chopped pecans
½ cup finely chopped apples

Optional Glaze:

1 cup powdered sugar
1 teaspoon vanilla
3 tablespoons apple juice

Directions: Preheat oven to 350 degrees F and use cupcake liners. Combine cake mix, spice, eggs, juice, vanilla; beat with an electric mixer on low speed for 30 seconds. Scrape bowl; beat on medium speed for 2 minutes. Stir in pecans and apples. Spoon about ¼ cup batter into muffin cup. Bake in preheated oven for 17-20 minutes or until done. Remove from muffin cups; cool on wire racks 2 to 4 minutes.

Optional Glaze: Combine all ingredients and beat with electric mixer for about 30 seconds. Spread glaze over muffin.

Serves: 24

Nutrient Analysis, per serving: 103 calories, 18g. carbohydrate, 1g. protein, 3g. fat, 131mg. sodium