



Chicken and Apple Stuffing Muffins

Stuffed with fall flavors, these muffins will give you something extra to be thankful for!

120
Calories

6 g
Protein

13 g
Carbs

4 g
Fat

2 g
Fiber

220 mg
Sodium

Ingredients:

- 2 scoops Instant Soup Chicken and Vegetables Flavor
- 1 scoop Active Fiber Complex Apple
- 2 TBSP yellow cornmeal
- ⅓ cup all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. dried sage
- ½ small apple with skin, finely chopped (about ¼ cup finely chopped apple)
- 2 eggs
- ⅓ cup water
- 1 TBSP vegetable oil

Instructions:

Preheat oven to 350 degrees Fahrenheit.

Prepare a muffin tin by lining 6 muffin cups with foil liners or greasing generously with oil or pan spray.

In a medium bowl, stir together Instant Soup, Active Fiber Complex, cornmeal, flour, baking powder, baking soda, sage and apple.

In a small bowl, beat together eggs, water and oil until well combined. Pour wet ingredients over dry ingredients and mix just until dry ingredients are incorporated.

Scoop batter into prepared muffin cups, filling about 2/3 full. Transfer to oven and bake for about 18 minutes until tops of muffins are lightly browned.

Allow to cool before removing from pan.

Makes 6 muffins | Serving size is 1 muffin