

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



SNEAKY CHEF IS PROUD TO FEATURE THESE BACK-TO-SCHOOL RECIPES USING MOTT'S® APPLESAUCE AND APPLE JUICE:

SNEAKY CHEF CHEESY LUNCHBOX MUFFINS FEATURING MOTT'S® APPLESAUCE

Makes 8 muffins

- 1 cup all-purpose flour (or whole grain “pastry” flour)
- 2 teaspoons baking powder
- ½ teaspoon each salt and baking soda
- 2 large eggs
- 2 tablespoons sugar
- 3 tablespoons canola or vegetable oil
- ½ cup Mott's® applesauce
- ¼ cup Orange Puree (see Make-Ahead recipe below)
- ½ cup grated Parmesan cheese
- ½ cup diced cooked ham, turkey, salami, or bologna, optional

Preheat the oven to 375 degrees. Line a muffin tin with paper liners.

In a mixing bowl, whisk together the flour, baking powder, baking soda, and salt. In another mixing bowl, whisk together the eggs, sugar, oil, applesauce, Orange Puree, cheese, and optional meat, if using. Fold the dry ingredients into the wet, mixing until the flour is just moistened. Don't overmix, or the muffins will be dense.

Fill each muffin cup almost to the top, spooning about ¼ cup of batter into each and bake for 25 to 27 minutes, until the tops are golden brown. Serve warm out of the oven or wrap and store in refrigerator (for up to 3 days) or freezer (for up to 3 months). Defrost and place in lunchbox with an ice pack.

Sneaky Chef Make-Ahead Recipe: Orange Puree

- 1 medium sweet potato or yam, peeled and coarsely chopped
- 3 medium to large carrots, peeled and sliced into thick chunks
- 2 to 3 tablespoons water

Place the carrots and sweet potatoes in a medium-sized pot and cover with cold water. Bring to a boil and cook for about 20 minutes, until carrots are very tender. Careful - if the carrots aren't tender enough, they may leave telltale little nuggets of vegetables in recipes, which will reveal their presence to your kids—a gigantic no-no a Sneaky Chef.

Drain the carrots and sweet potatoes and put them in the food processor with two tablespoons of water. Puree on high until smooth – no pieces of vegetables showing. Stop occasionally to push the contents to the bottom. If necessary, use another tablespoon of water to smooth out the puree, but the less water, the better.

This recipe makes about 2 cups of puree; double it if you want to store more. Orange Puree will keep in the refrigerator for up to 3 days, or you can freeze ¼-cup portions in sealed plastic bags or small plastic containers.

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