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APPLE-RAISIN MUFFINS

National Foundation for Cancer Research

1-1/2 cups finely chopped, peeled apple

2/3 cup raisins

2-1/3 cups all-purpose flour

1 cup sugar

1 tablespoon baking powder

2 teaspoons ground cinnamon

1 teaspoon baking soda

1/2 teaspoon salt

1 cup low-fat buttermilk

1/3 cup 2% low-fat milk

1/3 cup light ricotta cheese

3 tablespoons vegetable oil

1 tablespoon vanilla extract

2 large egg whites

1 large egg

Preheat oven to 400 degrees. Combine dry ingredients in a bowl. Stir in apple and raisins, and make a well in center of mixture. Combine buttermilk, low fat milk, ricotta cheese, vegetable oil, vanilla, egg whites and egg; stir well with a whisk. Add to dry ingredients, stirring just until moist. Spoon batter into muffin cups. Bake for approximately 18 minutes. Cool on wire rack. Makes about 18 muffins.