



# Applesauce Puffs

★★★★★

Applesauce puffs, rolled in cinnamon sugar mixture a delicious breakfast, brunch or snack treat.

**Course** Breakfast  
**Cuisine** American  
**Keyword** applesauce puffs, cinnamon sugar muffins, muffins

**Prep Time** 5 minutes  
**Cook Time** 15 minutes  
**Total Time** 20 minutes

**Servings** 18  
**Calories** 313kcal  
**Author** [Kim Strawn](#)

## Ingredients

- 4 c biscuit mix
- 0.5 c sugar
- 4 tsp cinnamon
- 1 c applesauce (I used natural)
- 0.5 c milk
- 2 egg
- 4 T oil

## Cinnamon Sugar Mixture

- 3 tsp cinnamon
- 2 cup sugar
- 0.5 cup melted butter

## Instructions

1. Mix biscuit mix, sugar and cinnamon
2. Mix in applesauce, milk, egg and oil
3. Stir well
4. Fill greased muffin pans 2/3 full
5. Bake @375 for 15 minutes
6. Remove immediately from pan and roll in melted butter
7. Combine cinnamon and sugar in a small bowl and roll muffin with melted butter on it in mixture
8. Let cool and serve

## Nutrition

Calories: 313kcal | Carbohydrates: 47g | Protein: 3g | Fat: 13g | Saturated Fat: 4g | Cholesterol: 32mg | Sodium: 395mg | Potassium: 69mg | Fiber: 1g | Sugar: 32g | Vitamin A: 195IU | Vitamin C: 0.2mg | Calcium: 70mg | Iron: 0.9mg

Recipe By Kim Strawn of Baking With Mom