



## Cheater's Muffins

4 boxes of packaged corn muffin mix  
1 cup of applesauce  
4 eggs (wash and dry the eggs, put into bowl and crush the shells)\*  
1 can of pumpkin (not pumpkin pie mix, plain pumpkin)  
1-2 Tbl of cinnamon

Mix it all together, let it rest for a few minutes so it can rise, spray your mini muffin pans with a vegetable spray and fill the cups about half full, bake at 400 degrees for about 15 minutes. Pop them out of the pan to cool, freezing those that won't be used within 48 hrs.

\* Note: You can substitute Egg Beaters for whole eggs