



Fleas Navidad Nibblers

Makes 16 festive holiday muffins, shared with permission from Three Dog Bakery Cookbook via VPI Pet Insurance.

2 T honey
2 3/4 C water
1/4 C unsweetened applesauce
1/8 t vanilla
1 egg
1/2 C chopped peanuts
4 C whole-wheat flour
1 T baking powder
1 T cinnamon
1 T nutmeg

Preheat oven to 350 degrees.

In a bowl, mix honey, water, applesauce, vanilla and egg.

In a separate bowl, mix peanuts, flour, baking powder, cinnamon and nutmeg.

Add wet ingredients to dry ingredients and mix well.

Spoon into greased muffin tin, filling each cup 2/3 full. Bake for 35 minutes. Cool and store in sealed container.