



Yappy New Year Yum Yums

Makes 12 stroke-of-midnight scrumptious snacks. Celebrate the new year with these low-fat lip-smackers, 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
4 C whole-wheat flour
1 C dried apple chips
1 T baking powder
1 T cinnamon
1 T nutmeg

Preheat oven to 350 degrees.

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

Combine flour, apple chips, baking powder, cinnamon and nutmeg in a separate bowl and mix thoroughly.

Add wet and dry ingredients together, mixing well, scraping sides and bottom of bowl to make sure no dry mixture is left behind.

Spoon into greased muffin pan so that each cup is 3/4 full. Bake for approximately 1 hour. Cool and store in sealed container.