

Apple Oatmeal Muffins

Makes 6 Muffins | Grain • Fruit

Ingredients

- ½ cup non-fat milk
- ⅓ cup applesauce
- ½ cup all-purpose flour
- ½ cup quick oats
- ¼ cup sugar
- 1 Tablespoon baking powder
- ½ teaspoon cinnamon
- 1 apple, chopped
- Nonstick spray or muffin tin papers

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400°F. Coat 6 muffin tins with nonstick spray.
3. Add milk and applesauce in a small bowl. Stir until blended
4. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
5. Gently stir in chopped apple.
6. Spoon into muffin tins.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan for 5 minutes before serving. Store extra muffins in an airtight container.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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