

## Apple Oatmeal Muffins



### Ingredients:

- 1/2 cup low-fat milk
- 1/3 cup applesauce
- 1/2 cup all-purpose flour
- 1/2 cup quick-cooking oats, uncooked
- 1/4 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple, cored and chopped

### Directions:

1. Preheat oven to 400 F.
2. Place six baking cups or cupcake liners in a muffin tin.
3. In a medium bowl, mix milk and applesauce.
4. Add flour, oats, sugar, baking powder, and cinnamon.
5. Mix until moistened.
6. Stir in chopped apples.
7. Spoon mixture into muffin cups.
8. Bake for 15-20 minutes.
9. Cool in pan 5 minutes before serving.

Makes 6 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>