

Apple Oat Muffins



Ingredients:

- 1/2 cup non-fat milk
- 1/3 cup unsweetened applesauce
- 1/2 cup quick-cooking oats (dry)
- 1/2 cup all-purpose flour
- 1/4 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1 apple, cored and chopped – Gala, Fuji, or Granny Smith work well

Directions:

1. Preheat the oven to 400 degrees F.
2. Line or grease six wells of a muffin tin.
3. Combine applesauce and milk in a mixing bowl.
4. Stir in flour, sugar, oats, baking powder, and cinnamon. Mix until moist.
5. Fold in chopped apples.
6. Spoon into greased or lined muffin tin.
7. Bake 15-20 minutes.
8. Cool in pan slightly prior to serving.

Makes 6 servings.



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