



Apple Oatmeal Muffins

Servings 7 | Prep time 15 mins. | Total time 30 mins.

Equipment:

Cutting board
Muffin tin
Large bowl
Toothpick

Utensils:

Knife
Measuring cups and spoons
Mixing Spoon

Ingredients

Non-stick spray
1/2 cup low-fat milk
1/3 cup unsweetened applesauce OR 1 egg
1/2 cup all-purpose flour OR whole wheat flour
1/2 cup quick-cooking oats
1/4 cup sugar
1/2 tablespoon baking powder
1 teaspoon ground cinnamon
1 apple, cored and chopped

Instructions

1. Before you begin, wash your hands, surfaces, fruit, and utensils.
2. Preheat oven to 400 degrees.
3. Spray 7 cups of a muffin tin with non-stick spray.
4. In a large bowl stir milk and applesauce or egg together.
5. Add flour, oats, sugar, baking powder, and cinnamon. Stir until just mixed.
6. Gently stir in the chopped apples.
7. Spoon batter evenly into the 7 muffin cups.
8. Bake for 15-20 minutes or until a toothpick inserted into the center of the muffin comes out clean.

Nutritional Information:

Calories 110
Total Fat 0.5g
Sodium 135mg
Total Carbs 24g
Protein 2g