

# Munchin' Muffins

Apples make 'em moist!



**Level:** Medium

**Makes:** 12

## Kids' Tool Kit

Large mixing bowl  
Medium mixing bowl  
Measuring cups  
Measuring spoons  
Cutting board  
Knife  
Cooking spray or Muffin liners  
Spoon  
Cookie scoop  
Muffin pan

**Chef's Choice**  
Munchin' Muffins  
Orange juice  
Low fat milk

## Nutrition Facts

Serving Size 1 muffin (63g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 8g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 2%
Calcium 10%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Ingredients:

2 cups whole wheat flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
3/4 cup low fat milk  
1 egg  
1/4 cup vegetable oil  
1/4 cup honey  
1 cup diced apple



## Directions:

**Remember to wash your hands!**

1. Preheat oven to 375 degrees F.
2. Lightly spray muffin tin with cooking spray or use paper liners.
3. In a large bowl, combine dry ingredients.
4. In a medium bowl, combine remaining ingredients.
5. Add milk mixture to dry ingredients and stir just until dry ingredients are moist. Batter will be lumpy.
6. Fill muffin pans 2/3 full, using a cookie scoop or spoon.
7. Bake 12 large muffins 18 to 20 minutes or 26 mini muffins 12 to 15 minutes or until lightly brown. Remove from muffin pan to cool.



**Helpful Hints:** Muffins are a quick bread and are supposed to be light when you lift them in your hand! On the outside, their tops are slightly rounded and bumpy. If you mix the batter too much, you will have small, tough muffins that are pointed on top with tunnels or long holes instead of small air holes. Just stir until the flour is moistened and if there are some lumps, that's OK!

Do you know why the recipe calls for baking powder? Recipes for waffles, quick breads and muffins call for baking powder because it contains some acid and some soda. When liquid is added, like milk in this recipe, the acid and the soda work together to form carbon dioxide gas that helps make the batter light. It's a mini-science experiment in each muffin!

A small ice cream or cookie scoop works great to fill muffin pans with less mess.

Munchin' Muffins don't even need butter - try just a taste of honey! What a great way to start the day. Breakfast eaters do better in school and have more energy after eating breakfast! If you have any muffins left, tightly wrap with plastic wrap or plastic bags for a great after-school snack.

White flour can be used to make these muffins too, but whole wheat flour adds a nice nutty flavor and additional nutrients and fiber. To make whole wheat flour, the whole kernel of wheat- the endosperm, bran and germ - is ground to make flour that has a light brown color.

When buying whole wheat bread, make sure the label says "100% whole wheat" or check the ingredient list to see that the bread is mainly whole wheat flour.



**Safety Tips in the Kitchen:** Wash your hands with soap any time you touch raw egg.

Pull out the oven rack and use thick, dry hot pads to grab the muffin pan from the hot oven. Have a dry, heat-proof surface ready for the hot pan. Loosen each muffin with a table knife and lift from the muffin pan with a fork, being careful not to burn your hands. It's OK to ask an adult to help! Don't forget to turn off the oven.



For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).