

Munchin' Muffins

Apples make 'em moist!

Makes: 12

Ingredients:

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

Directions:

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 18-20 minutes or 26 mini muffins 12-15 minutes or until lightly brown.
Remove from muffin pan to cool.

Nutrition Facts: One muffin provides 150 calories, 6g total fat, 20mg cholesterol, 210mg sodium, 23g total carbohydrate
This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-STATE RESEARCH AND EXTENSION
FAMILY NUTRITION PROGRAM



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

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