

APPLE OAT MUFFINS

YIELD:
6

INGREDIENTS Nutrition

- 1 egg
- 90mL milk
- 60 mL vegetable oil
- 125 mL all-purpose flour
- 125 mL quick-cooking oats
- 45 mL sugar
- 7.5 mL baking powder
- 2.5 mL salt
- 1.25 mL all spice
- 2.5 mL ground cinnamon
- 1 tart apple, cored,peeled,and chopped

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Line a 6 cup muffin tin.
3. In a mixing bowl, lightly beat egg; add milk and oil, stirring until just blended.
4. Stir in flour, oats, sugar, baking powder, salt, all spice, and cinnamon, mixing until only just moistened (**do not overmix**).
5. Gently fold in the apples.
6. Spoon batter into the muffin tin, dividing evenly among the cups.
7. Bake in a preheated oven for 15-20 minutes or until a toothpick inserted comes out clean.
8. Cool in pan 5 minutes before removing to a wire rack to finish cooling.
9. Serve warm or cool; store unused portions in an airtight container.