



APPLE OATMEAL MUFFINS

Yield: 1 serving

INGREDIENTS	DIRECTIONS
1/2 cup milk, non-fat	<ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. Place 6 cupcake holders in baking tin. 3. In a mixing bowl, add milk and applesauce. Stir until blended. 4. Stir in flour, oats, sugar, baking powder and cinnamon. Mix until moistened (do not over mix). 5. Gently stir in the chopped apples. 6. Spoon into cupcake holders. 7. Bake for 15-20 minutes or until an inserted toothpick comes out clean. 8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container. Freeze for up to one month.
1/3 cup applesauce	
1/2 cup flour, all-purpose	
1/2 cup quick-cooking oats (uncooked)	
1/4 cup sugar	
1/2 tablespoon baking powder	
1/2 teaspoon ground cinnamon	
1 apple (tart, cored & chopped)	

Nutrition Summary for One Muffin

Calories	125	Carbohydrates	28 g
Total Fat	1 g	Dietary Fiber	2 g
Saturated Fat	0 g	Protein	3 g
Cholesterol	0 mg		