



December 19- Apple Oatmeal Muffins – Happy Oatmeal Muffin Day!

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-oatmeal-muffins>

Recipe

Ingredients:

- ½ cup milk, non-fat
- ⅓ cup applesauce
- ½ cup flour, all-purpose
- ½ cup quick-cooking oats
- ¼ cups sugar
- ½ Tablespoon baking powder
- ½ teaspoon ground cinnamon
- 1 apple

Directions:

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.

Yield 6 servings

Nutrition Facts	
Serving Size 1 muffin (89.87g)	
Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	11%
Sugars 14g	
Protein 3g	6%
Vitamin A 0%	Vitamin C 2%
Calcium 6%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	