



## July 23- Munchin' Muffins

Smart Snack

Link: <http://www.kidsacookin.org/breads/Munchin-Muffins.pdf>

### Recipe

*Ingredients:*

- 2 cups whole-wheat flour
- 1 Tablespoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ¾ cup low-fat milk
- 1 egg
- ¼ cup vegetable oil
- ¼ cup honey
- 1 cup diced apple

*Directions:*

1. Preheat oven to 375°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.

Yield 12 servings

### Nutrition Facts

Serving Size 1 muffin (60.92g)  
Servings Per Container 12

Amount Per Serving

Calories 160      Calories from Fat 50

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 110mg      **5%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 2g      **10%**

Sugars 8g

**Protein** 4g      **7%**

Vitamin A 0%      •      Vitamin C 0%

Calcium 4%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.