

A Kansas SNAP-Ed *EZ Does it* Recipe

EZ Apple Oatmeal Muffins



Servings: 12

Ingredients:

- 1 cup milk, non-fat
- $\frac{2}{3}$ cup applesauce
- 1 cup flour, all-purpose
- 1 cup quick-cooking oats (uncooked)
- $\frac{1}{2}$ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon ground cinnamon
- 2 apples (tart, cored & chopped)



Remember to wash your hands with soap and warm water before and after cooking.

Directions:

1. Preheat oven to 400°F.
2. Place 12 cupcake liners in cupcake baking pan.
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 20-25 minutes or until an inserted toothpick comes out clean.
8. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Optional ingredients: Raisins, Walnuts

Nutrition Facts: Each muffin provides 125 Calories, 1g Total Fat, 0g Saturated Fat, 133mg Sodium, 28g Total Carbohydrate, 2g Dietary Fiber, 3g Protein

