



CULINARY LEARN AND SHARE

Apple Oatmeal Muffins

Servings: 6 Difficulty: Easy

Ingredients

- ½ cup (120 mL) non-fat milk
- 1/3 cup (75 mL) unsweetened applesauce
- ½ cup (63g) all-purpose flour
- ½ cup (43g) quick-cooking oats (uncooked)
- ¼ cup (50g) sugar
- ½ tablespoon (7.5mL) baking powder
- ½ teaspoon (2.5mL) ground cinnamon
- 1 tart apple (cored & chopped)

Directions

Wash hands before preparing recipe.

Pre-heat oven to 400°F (205°C).

Place 6 baking cups or liners in a cupcake baking pan.

In a mixing bowl, add milk and applesauce. Stir until blended.

Stir in flour, oats, sugar, baking powder and cinnamon. Mix just until moistened.

Gently stir in chopped apples. Spoon into cupcakes holders.

Bake 15-20 minutes or until an inserted toothpick comes out clean. Cool in the pan for five minutes before sharing.



Recipe Source: Oklahoma Nutrition Information and Education
myplate.gov/recipes.



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