# Apple Oatmeal Muffins

**Recipe**

**Ingredients:**
- 1/2 cup skim milk
- 1/3 cup applesauce
- 1/2 cup all-purpose flour
- 1/2 cup uncooked quick-cooking oats
- 1/4 cup sugar
- 1/2 Tbsp baking powder
- 1/2 tsp ground cinnamon
- 1 tart apple, cored and chopped
*optional toppings: raisins, walnuts

**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.*

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 129</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat 6</td>
<td></td>
</tr>
<tr>
<td>Total Fat 1g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 134mg</td>
<td>6%</td>
</tr>
<tr>
<td>Total Carbohydrate 29g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugar 15g</td>
<td>10%</td>
</tr>
<tr>
<td>Protein 3g</td>
<td>2%</td>
</tr>
</tbody>
</table>

**Produce Buys**
- Lettuce
- Radishes
- Swiss Chard
- Limes

**Menu**
- Muffin
- Mixed Berries
- Yogurt
- 1% or Nonfat Milk