



Nutrients	Amount
Total Calories	125
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	133 mg
Carbohydrates	28 g
Dietary Fiber	2 g
Total Sugars	14 g
Added Sugars included	9 g
Protein	3 g
Vitamin D	0 mcg
Calcium	101 mg
Iron	1 mg
Potassium	105 mg

# Apple Oatmeal Muffins



## FOOD FOR THOUGHT!

Buy apples while they are in season and on sale, and make batches of these muffins to put in the freezer for later. You can substitute whole wheat flour to make your muffins heartier and more nutritious.

### Ingredients (6 Servings):

- 1/2 cup milk, non-fat
- 1/3 cup applesauce
- 1/2 cup flour, all-purpose
- 1/2 cup quick-cooking oats (uncooked)
- 1 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple (tart, cored & chopped)
- A Pinch of Love

### Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.
3. Place 6 cupcake holders in the baking tin.
4. In a mixing bowl, add milk and applesauce. Stir until blended.
5. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over-mix).
6. Gently stir in the chopped apples.
7. Spoon into cupcake holders.
8. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
9. Cool in pan for 5 minutes before serving. Store unused portions in an airtight container.



Recipe adapted from MyPlate: Simple Healthy Recipes Oklahoma Nutrition Information and Education - ONIE Project. ([Link](#))