

Apple Cinnamon Muffins

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Ingredients

- 1-1/4 cup oat bran cereal; uncooked
- 1 cup whole wheat flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1/2 tsp salt
- 3/4 cup unsweetened applesauce
- 1 cup apple, peeled, cored, diced
- 1/2 cup honey
- 1/2 cup vegetable oil
- 1 egg
- 1 tsp pure vanilla extract

Directions

1. Preheat oven to 375.
2. Coat 12 medium-size cups with vegetable oil or line with paper baking cups.
3. In a medium bowl combine oat bran cereal, flour, cinnamon, baking powder, soda, and salt.
4. In large bowl combine applesauce, honey, oil, egg, and vanilla. Stir in dry ingredients; mix well. Stir in apple.
5. Fill prepared muffin cup almost full. Bake 15-20 minutes or until golden brown. Serve warm.

Servings: 12

Calories: 160

Protein: 3 g

Fat: 7 g

Carbohydrates: 22 g