

Apple Oat Muffins

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These cinnamon-speckled muffins are full of healthy grains and fruits, but with just enough honey to make a sweet, smooth flavor. Enjoy these for breakfast or as a midday picker-upper.

Ingredients:

1 cup buttermilk
1 cup rolled oats
½ cup raisins
2 egg whites
¼ cup honey
1 cup whole-wheat flour
1 ½ teaspoons baking powder
1 ½ teaspoons cinnamon
½ teaspoon salt
1 apple, grated

Directions:

- 1) Preheat oven to 350°F. Coat a muffin pan with non-stick cooking spray.
- 2) Mix buttermilk, oats, and raisins together in a large bowl. Add egg whites and honey; blend thoroughly.
- 3) In a separate large bowl, whisk together flour, baking powder, cinnamon, and salt. Add to oat mixture; mix to incorporate. Fold in grated apple.
- 4) Fill mixture in muffin tins $\frac{3}{4}$ full. Bake 20 to 25 minutes, until a toothpick inserted in the middle comes out clean. Cool in tins 10 minutes, then remove and cool completely.