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Apple Oatmeal Muffins

Ingredients:

- 1 large egg
- 1 cup 1% milk
- ¼ cup vegetable oil
- 1¼ cups flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1/3 cup sugar
- 1 cup rolled oats
- 2 medium apples, chopped
- vegetable oil spray

Makes 12 servings - 33% calories from fat

Instructions:

1. In a small bowl beat egg; stir in milk and oil. Set aside.
2. In a large bowl combine next 5 ingredients and mix well.
3. Add reserved egg mixture all at once to the flour mixture. Stir until just moistened (batter will be lumpy).
4. Gently stir in apple slices.
5. Fill greased muffin tins 2/3 full.
6. Bake in a 400° F oven for 20 to 25 minutes or until muffins are golden brown.

Notes:

- Add ½ cup walnuts, chopped, in step #3.
- Add ½ teaspoon cinnamon for additional flavor.
- Muffins can also be prepared in paper lined muffin tins.

Nutrition Facts	
Serving Size 1 muffin	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	10%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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