

INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1 cup quick cooking oatmeal
- 3/4 cup light brown sugar
- 1 tsp ground cinnamon
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 2 eggs
- 1/2 cup milk or apple cider
- 1/2 cup applesauce
- 1/4 cup oil
- 1 tsp vanilla
- 1 cup finely chopped apple



MEASURE
MIX
BAKE
EAT
REPEAT

RECIPE

Apple Oatmeal Muffin

YIELD 12 muffins (double all ingredients to make 24)

COOK TIME Approx. 30 minutes

DIRECTIONS

1. Preheat oven to 400 degrees F. Line muffin tray with paper liners
2. In a large bowl, combine the flour, oats, sugar, cinnamon, baking powder, baking soda, and salt.
3. In a separate bowl, whisk together the eggs, milk, applesauce, oil, and vanilla.
4. Make a well in the center of the dry ingredients and add the wet ingredients, stirring just until combined. Fold in the chopped apple, then divide evenly between the 12 (or 24) muffin cups.
5. Bake the muffins for 15 to 20 minutes until a toothpick inserted into the center of the muffins comes out clean.
6. Once fully cooled, individually wrap or bag each muffin for Ve'ahavta!