



# Apple Cinnamon Oatmeal Muffins

Hearty and filling oatmeal muffins with fresh apples from Artic Apples Specialty Fruits.

<b>YIELD:</b> 12 Servings	<b>SERVING SIZE:</b> 1 SERVING = 1 ea.	<b>SOURCE:</b> Valley View School District Culinary
<b>NUTRITIONAL CONTRIBUTION PER SERVING:</b>		

INGREDIENTS	QUANTITY	DIRECTIONS
Oats, quick, rolled	¼ cup	1. For the Muffin Topping: Mix together the oats, brown sugar, cinnamon and unsalted butter until well incorporated and set aside.
Sugar, brown	1 Tbsp. packed	
Cinnamon, ground	¼ tsp.	
Butter, unsalted	1 Tbsp.	
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Oats, quick, rolled	1 ½ cups	1. For the Muffin Mix: Preheat oven to 400°F. 2. Grease a 12 cup muffin pan or line with paper liners. 3. In a large bowl, whisk together the oats, flour, brown sugar, cinnamon, baking powder, baking soda, salt, unsweetened applesauce, milk, vegetable oil, 1 large egg or 2oz. liquid egg, and vanilla extract. 4. Once mixed, fold in the diced apples. 5. Spoon the batter into the prepared muffin cups about 2/3 full. 6. Sprinkle the Muffin Topping mixture evenly over each muffin. 7. Bake in preheated oven until a toothpick inserted near the center comes out clean, about 15 minutes.
Flour, durum wheat	1 ½ cups	
Sugar, brown	½ cup	
Cinnamon, ground	1 ½ tsp.	
Baking powder, low sodium	1 tsp.	
Baking soda	1 ½ tsp.	
Salt	½ tsp.	
Applesauce, unsweetened	½ cup	
Milk, fat-free	½ cup	
Oil, vegetable	½ cup	
Egg, large OR liquid, Sunny Fresh (2 oz.)	1 ea.	
Vanilla extract	1 tsp.	
Apples, raw, with skin, quartered or chopped	1 cup	

<b>NUTRITION INFORMATION PER SERVING</b>											
Calories	189	Total Fat	6 g	Saturated Fat	2 g	Cholesterol	23 mg	Sodium	270 mg	Protein	4 g
Total Carbohydrate	30 g	Dietary Fiber	2 g	Total Sugar	13 g	Vitamin A	96 mg	Calcium	46 mg	Iron	4 mg