

Explore the Flavor of Apples!



Apple Cinnamon Muffins

Serves: 12 | Serving Size: 1 muffin

Ingredients:

2 and 1/4 cups white whole wheat flour
2 teaspoons baking powder
1 teaspoon apple pie spice
3/4 cup brown sugar
3/4 cup egg whites
1/2 cup vegetable oil
1 cup skim milk
1 cup diced apples

Directions:

Preheat your oven to 400° Fahrenheit.

Lightly spray a nonstick muffin pan with vegetable oil cooking spray or line it with paper muffin cups.

Combine all the dry ingredients in a medium mixing bowl. Add the wet ingredients and apples and mix well.

Fill each muffin cup with batter until each cup is 3/4 of the way full. Bake until the muffins are cooked through, about 25 minutes.

Nutrition Information:

Serves 12. Each muffin contains 233 calories, 10 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 41 mg sodium, 33 g carbohydrate, 3 g dietary fiber, 16 g sugar, and 5 g protein.

Each serving has 2% DV vitamin A, 1% DV vitamin C, 10% DV calcium, and 5% DV iron.

Chef's Tips:

Use a toothpick to test whether your muffins are done. Insert a toothpick into the center of a muffin. If it comes out clean, the muffins are done. If batter is clinging to the toothpick, the muffins aren't quite ready yet.

Did You Know?

Apple trees were one of the first trees to be cultivated. Now apples are grown in all 50 states and more than 7,500 different types of apples are growing around the world.

Apples are fat-free, cholesterol-free, and sodium-free. They're also full of health-boosting antioxidants and phytochemicals.

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