

Oatmeal Apple Raisin Muffins

Yield:

12 muffins

Ingredients:

1 cup whole wheat or all-purpose flour

1 cup quick or old-fashioned rolled oats

1/3 cup sugar

1 tablespoon baking powder

1/2 teaspoon salt

1 teaspoon nutmeg

1 tablespoon cinnamon

1 egg, lightly beaten

3/4 cup milk

1 cup raisins

1 cup peeled, cored, and chopped apple (about 1 medium-large apple)

1/4 cup oil

1/4 cup applesauce

Instructions:

1. Preheat oven to 400 degrees. In a medium sized mixing bowl, whisk together the dry ingredients: flour, oats, sugar, baking powder, salt, nutmeg, and cinnamon. Make a well in the center of the mixture.
2. Add the egg, milk, raisins, apples, oil, and applesauce. Stir until moistened (don't stir too long!).
3. Pour batter into 12 greased or paper-lined muffin cups. Bake at 400 degrees for 15-20 minutes, until muffins test done (a toothpick or

fork inserted comes out clean).

4. Cool muffins on a wire rack. Enjoy warm or cold! ☐



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This recipe was taken from Tammy's Recipes.