

APPLE OAT MUFFINS

A good source of fiber, vitamin C, potassium, and various antioxidants. Diabetic friendly and good for your heart

Serves 4

Total Cost = \$2.73*

INGREDIENTS

- 1 cup whole wheat pastry flour
- 1 cup rolled oats
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1 large egg
- 1 cup Greek yogurt
- 1/2 cup unsweetened applesauce
- 1/4 cup brown sugar
- 1 tsp vanilla extract
- 1 medium-sized apple grated
- 1/2 cup raisins

INSTRUCTIONS

1. Combine the flour, oats, baking powder, baking soda, cinnamon, and salt. Set aside.
2. Lightly beat the egg in a separate bowl. Whisk in the yogurt, applesauce, brown sugar, vanilla, and grated apple.
3. Add the wet ingredients to the dry ingredients. Fold in the raisins.
4. Divide the batter into muffin cups.
5. Bake the muffins for 20-22 minutes at 350 degrees.

**Pricing details are from walmart.com and may vary depending on season and location.*

Foodo**ank.**
St. Louis Area Foodbank