

Whole-Grain Apple Crisp Muffins

Ingredients

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| 1 c white whole-wheat flour | ¼ tsp fine salt |
| 1 c old fashioned oats | ¼ c pure maple syrup |
| 2 tsp baking powder | ¼ c light brown sugar |
| 1 tsp baking soda | 1 c unsweetened applesauce |
| 2 tsp cinnamon | 1 c diced apples, about 1 medium |
| Pinch of nutmeg | |

Directions

Preheat oven to 350 degrees. Spray a muffin tin or line with papers. In a large bowl, whisk flour, oats, baking powder and soda, cinnamon, nutmeg and salt, until well combined. Add syrup, sugar, and applesauce, stir, then apples, stirring just until combined. Spoon into muffin cups, and if desired top with a few additional oats, then bake for 18 minutes, or until a toothpick comes out clean. Makes about 12. *Pear can be substituted for the apple.*

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Cooking with Care by Amy Sokol - www.cookingwithcare.com