



Apple Cinnamon Muffin

Instructions:

Preheat oven to 400 degrees and coat an 8 count muffin tin with 8 seconds of Pam.

In a large bowl, mix all the other ingredients.

Add the batter to the muffin tin. Place in the oven and bake for 20 minutes.

Cool on a wire rack.

1 muffin with a 1/2 cup of low-fat milk counts as 1 breakfast

Prep Time:

5 minutes

Cook Time:

20 minutes

Ingredients:

2 cups oats

1 1/2 tsp. baking powder

1 egg

1 egg white

1 cup low-fat milk

1/2 cup unsweetened apple
sauce

2 ripe bananas

1 TBSP. vanilla

cinnamon to taste

Pam