

# Apple Oat Muffins

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*These cinnamon-speckled muffins are full of healthy grains and fruits, but with just enough honey to make a sweet, smooth flavor. Enjoy these for breakfast or as a midday picker-upper.*

## Ingredients:

1 cup buttermilk  
1 cup rolled oats  
½ cup raisins  
2 egg whites  
¼ cup honey  
1 cup whole-wheat flour  
1 ½ teaspoons baking powder  
1 ½ teaspoons cinnamon  
½ teaspoon salt  
1 apple, grated

## Directions:

- 1) Preheat oven to 350°F. Coat a muffin pan with non-stick cooking spray.
- 2) Mix buttermilk, oats, and raisins together in a large bowl. Add egg whites and honey; blend thoroughly.
- 3) In a separate large bowl, whisk together flour, baking powder, cinnamon, and salt. Add to oat mixture; mix to incorporate. Fold in grated apple.
- 4) Fill mixture in muffin tins  $\frac{3}{4}$  full. Bake 20 to 25 minutes, until a toothpick inserted in the middle comes out clean. Cool in tins 10 minutes, then remove and cool completely.