

Apple Muffins

A perfect way to use up left-over apples, these apple muffins are a yummy snack, breakfast or anytime! I often double the recipe & put the extras in the freezer for unexpected company. Simply defrost, heat & enjoy!

Preparation Time: 10 min

Cooking Time: 20 min

Servings: 10

Ingredients:

Amount	Ingredient	Cost – date:
1/4 cup	Oil	
1/2 cup	Sugar (can reduce to ¼ cup for less sweet muffin)	
1/2 tsp	Vanilla	
1	Egg, beaten	
1 cup	All-Purpose flour (or can use ½ all purpose & ½ whole wheat)	
1/2 tsp	Baking Soda	
2 tsp	Baking powder	
1/4 tsp	Salt	
1/2 tsp	Cinnamon	
1/4 tsp	Nutmeg	
1 1/2 cups	Apple, grated	
1 Tbsp	Cream or apple juice or water	
1 tsp/1 Tbsp	Topping: Cinnamon (1 tsp) & sugar mix (1 Tbsp)	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Preheat oven to 350. Grease or line a muffin tin.
2. Mix all the wet ingredients together in one bowl. In a separate bowl, mix the cinnamon & sugar mix (last ingredients listed above).
3. Mix all the dry ingredients together in one bowl. Put a well into the middle of the dry ingredients & pour the wet ingredients over & mix.
4. Scoop into muffin tins and sprinkle sugar and cinnamon mixture on top.
5. Bake for about 20 minutes. Test with toothpick
6. Let cool for 5 to 10 minutes then let fully cool on cooling rack.

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

Recipe Source: Lisa's mom

"Give us this day our daily bread." Matthew 6:11