

Apple Oatmeal Muffins

Ingredients

2 eggs	1 tsp. baking powder
¾ cup 2% milk	¼ tsp. salt
½ cup vegetable oil	¼ tsp. ground nutmeg
1 cup all-purpose flour	1 tsp. ground cinnamon
1 cup uncooked quick-cooked oats chopped	1 apple, cored, peeled and chopped
½ cup sugar	

Directions:

Preheat oven to 350 degrees F. Grease and flour a 9x5 inch loaf pan or 12 cup muffin tin. In a medium mixing bowl, lightly beat eggs; add milk and oil, stirring until just blended. In another medium mixing bowl, combine flour, oats, sugar, baking powder, salt, nutmeg, and cinnamon. Add flour mixture to egg mixture and mix until all ingredients are well-combined. Do not overmix. Gently fold in apples. Spoon batter into pan or muffin tin. Bake in a pre-heated oven for 50 minutes or until a toothpick inserted comes out clean. Cool in pan 5 minutes before removing to a wire rack. Serve warm or cool.