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**Apple + More Cinnamon Muffins**

**“More” - your choice.. carrots, zucchini or pumpkin puree**

*Makes 18 cupcake size servings*

Ingredients:

1 cup dry oat bran or Hodgson Mill Quinoa Flax dry cereal

1 cup whole wheat flour

3 1/2 Tbsp. brown sugar

1 Tbsp. baking powder

½ tsp. baking soda

2 tsp. ground cinnamon

1 cup apples, peeled and grated/chopped finely

+choose between 1 cup carrots/zucchini, grated OR 1 cup pureed pumpkin

½ cup plain 0 fat Greek yogurt or fat free milk

2 eggs (or 2 egg whites if preferred)

¼ cup canola oil

1 tsp. vanilla extract

Directions:

1. Combine all ingredients in medium mixing bowl.
2. Pour batter into 18 individual cupcake size lined muffin cups.
3. Bake in preheated oven 350 degrees for 18-20 minutes.
4. Cool and refrigerate in covered container. These freeze nicely.

Nutrient Analysis: For one muffin (18/recipe)

Calories: 98, Carbohydrate: 14 gm. Sugars: 5 gm. ( of this added Sugar: 3 gm), Dietary Fiber: 2 gms. Protein: 4 gms. Total Fat: 4 gms. Saturated Fat: 0 gm., Polyunsat. Fat: 1 gm.,

Monounsat. Fat: 2 gms., Omega 3 – DHA: 2 gms., Sodium: 134 mg.

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