

# Apple Cinnamon Muffins

## Ingredients

- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1 cup sugar
- 2 tsp baking powder
- 1/8 tsp salt
- 2-1/2 tbsp cinnamon
- 2 large eggs
- 1/2 cup vegetable oil
- 3/4 cup 1% milk
- 1 tbsp vanilla extract
- 2 cups apple, sliced

## Notes

**Number of Portions:** 16

**Serving Size:** 1 each

**Nutrition Facts:** 194 calories, 7.87 g fat, 1.33 g saturated fat, 29 mg sodium, 28.88 g carbohydrate, 2.16 g fiber, 13.3 g sugar, 3.09 g protein

## Directions

1. Preheat Convection oven to 325°F or Conventional oven to 350°F.
2. Line muffin tins with paper cups then set aside.
3. In a small bowl, combine flour, sugar, baking powder, salt, and cinnamon then set aside.
4. In a mixing bowl or mixer, beat eggs, oil, milk, and vanilla together until fully incorporated, then stir in apples. Gently mix in dry mixture.
5. Portion batter into paper-lined muffin tins using #16 scoop or fill 2/3 of the way full.
6. Bake for 25 to 30 minutes. Let cool, then sprinkle with powdered sugar if desired.