

Apple Cinnamon Muffins



Apples, raw, peeled and cut in small pieces	1 ½ cups
Eggs	2
White Sugar	1 cup
Oil	½ cup
Water	¼ cup
Vanilla	1 tsp
Flour, all-purpose	1 ½ cups
Baking Soda	1 tsp
Cinnamon	1 tsp

Method

1. Pre-heat oven to 400 F. Place paper liners in muffin pan.
2. In a large bowl, beat eggs, sugar, oil, water and vanilla.
3. In a separate bowl, combine flour, baking soda and cinnamon.
4. Add dry ingredients to egg mixture; mix lightly. Fold in apples.
5. Fill muffin cups $\frac{3}{4}$ full. Sprinkle with sugar and cinnamon.
6. Bake for 20 minutes or until lightly browned.

Makes 12 muffins. Each muffin equals one fruit serving.

-Adapted from www.Davita.com