INGREDIENTS
3/4 cup rolled oats (quick cooking)
3/4 cup + 2 tablespoons milk
1 large egg
2 tablespoons oil
2 tablespoons molasses
3/4 cup apple, grated
1-1/4 cups enriched flour
1 tablespoon baking powder
1/2 teaspoon cinnamon
Dash salt
EQUIPMENT
Mixing bowl
Measuring cups and spoons
Mixing spoons
Grater
Muffin tin

DIRECTIONS
Preheat oven to 400°
Grease 12 muffin tins or use muffin liners
Place oats in a mixing bowl and pour milk over oats and let soak 15 minutes
Add egg, oil, molasses, and apple
Mix until lumpy
Fill muffin tin 3/4 full and bake for 20 minutes
Serve one muffin per child