

Parent Activity Share

Oatmeal Apple Muffins

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