

Apple Oat Muffins

1-3/4 C oatmeal

1/4 C whole wheat flour

1-1/4 C all-purpose flour

1/2 C brown sugar

2 tsp baking powder

3/4 tsp baking soda

3/4 tsp salt

1/2 tsp ground cinnamon

1 C buttermilk

2T vegetable oil

1 large egg, slightly beaten

1 C McIntosh or Golden Delicious apples, shredded

Preheat oven to 400 degrees F. Prepare standard size muffin pan with cupcake papers.

In large bowl combine oats, flour, sugar, baking powder, baking soda, salt and cinnamon.

In medium bowl, with fork beat buttermilk, oil and egg until well blended; stir in apples. Add apple mixture to flour mixture and stir just until flour mixture is moistened. Batter will be very thick and lumpy.

Spoon into prepared pan. Bake for 23-25 minutes, or until muffins begin to crown and toothpick inserted in center of muffin comes out clean. Serve warm or cool on wire rack.