

BC APPLE OATMEAL MUFFINS



INGREDIENTS

Flour, All Purpose	364 g
Oats Flakes	196 g
Brown Sugar	128 g
Baking Soda	8 g
Salt	4 g
Yogurt, plain	375 ml
Butter, melted	228 g
Eggs	4
BC Apples, coarsely chopped	750 g
Cinnamon, ground	4 g

DIRECTIONS

1. Combine flour, oats, brown sugar, baking soda, cinnamon and salt in a large mixing bowl.
2. In another bowl, whisk yogurt, eggs and butter.
3. Stir into dry ingredients just until moistened, batter will be stiff.
4. Fold in apples.
5. Scoop using ice cream scoop, into muffin cups.
6. Bake at 325 F for 20-25 minutes.