## **CINNAMON TWO-BITE MUFFINS**

Makes 24

## Ingredients

1 cup (250 mL) Canadian milk 1 egg 1 cup (250 mL) quick cooking oats 1 tsp (5 mL) vanilla 1 apple, peeled and grated ¼ cup (60 mL) butter, melted ¼ cup (60 mL) sugar 1 tsp (5 mL) cinnamon ½ tsp (2.5 mL) nutmeg ½ cup (125 mL) whole wheat flour ½ cup (125 mL) white flour 2 tsp (10 mL) baking powder ⅓ tsp (0.5 mL) salt

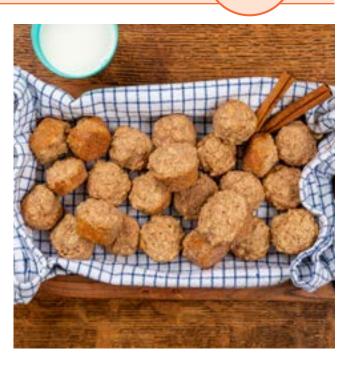
Topping: 2 tbsp (30 mL) sugar 1 tsp (5 mL) cinnamon ½ tsp (0.5 mL) nutmeg

**KIDS** 

COOKING

**CLUB** 

Simple recipes to enjoy together



## Directions

- 1. Preheat oven to 375°F (190°C). Grease mini muffin tins and set aside.
- 2. Mix milk, egg, oats and vanilla in a large bowl. Let soak for 10 minutes. Stir in grated apple.
- 3. Melt butter. Let cool slightly and then add to oat mixture.
- 4. Combine dry ingredients in a bowl (except for topping). Add to oat mixture and stir just until combined.
- 5. Spoon batter into muffin cups, filling 2/3 full.
- 6. Bake for 10 minutes or until a toothpick inserted in the centre comes out clean. Remove from oven and let cool in pan for a minute.
- 7. Mix topping ingredients in a sealable bag. Place muffins in bag while still hot. Close bag and shake to coat with cinnamon sugar mixture.
- 8. Remove from bag and let cool on a wire rack.

## Notes

• Try these mini muffins for snack time. They are the perfect size for small hands!



