

KIDS COOKING CLUB

Simple recipes to enjoy together

CINNAMON TWO-BITE MUFFINS

Makes
24

Ingredients

- | | |
|--|-----------------------------------|
| 1 cup (250 mL) Canadian milk | Topping: |
| 1 egg | 2 tbsp (30 mL) sugar |
| 1 cup (250 mL) quick cooking oats | 1 tsp (5 mL) cinnamon |
| 1 tsp (5 mL) vanilla | $\frac{1}{8}$ tsp (0.5 mL) nutmeg |
| 1 apple, peeled and grated | |
| $\frac{1}{4}$ cup (60 mL) butter, melted | |
| $\frac{1}{4}$ cup (60 mL) sugar | |
| 1 tsp (5 mL) cinnamon | |
| $\frac{1}{2}$ tsp (2.5 mL) nutmeg | |
| $\frac{1}{2}$ cup (125 mL) whole wheat flour | |
| $\frac{1}{2}$ cup (125 mL) white flour | |
| 2 tsp (10 mL) baking powder | |
| $\frac{1}{8}$ tsp (0.5 mL) salt | |



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 $\frac{2}{3}$ 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!



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