

# September

## Weekly Wellness Tips

### Week 4

#### **Apple Oatmeal Muffins**

As autumn rolls in and apple season begins, try this healthy but yummy recipe to help you with easy meal prep for the week.

*Makes: 6 servings*

#### **Ingredients**

- $\frac{1}{2}$  cup nonfat milk
- $\frac{1}{3}$  cup unsweetened applesauce
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  cup quick-cooking oats (uncooked)
- 1 cup sugar (or less)
- $\frac{1}{2}$  Tbsp. baking powder
- $\frac{1}{2}$  tsp. ground cinnamon
- 1 tart apple (cored and chopped)

#### **Preparations**

1. Preheat the oven to 400 F.
2. Place 6 cupcake holders in a baking tin.
3. In a mixing bowl, add the milk and applesauce. Stir until blended.
4. Stir in the flour, oats, sugar, baking powder and cinnamon. Mix until moistened. Be careful not to overmix.
5. Gently stir in the chopped apples.
6. Spoon it into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in the pan for 5 minutes before serving. Store unused portions in an airtight container.

#### **Nutritional Information (per serving)**

- Total calories: 218
- Total fat: 1 g
- Protein: 3 g
- Sodium: 132 mg
- Carbohydrate: 52 g
- Dietary fiber: 2 g
- Saturated fat: 0 g
- Total sugars: 38 g

*\*Pro Tip: Add in some chopped nuts, like pecans or walnuts, for some crunch and added protein!*

Source: MyPlate

