

Apple Dapple Whole Wheat Muffins

Serves: 12

Serving Size: 1 muffin

Preparation Time: 10 minutes; 20 minutes baking time

Ingredients:

2 cups whole wheat flour

2 tablespoons sugar

3 teaspoons baking powder

1/4 tsp. salt

1 teaspoon cinnamon

1 and 1/4 cups water

1/2 cup applesauce

1 big apple or 2 small apples, chopped (Make sure a grown up is there to help you chop the apple!)

Vegetable oil spray

Utensils:

2 large mixing bowls

Muffin pan

Wooden spoon

Directions:

Mix together the whole wheat flour, sugar, baking powder, salt, and cinnamon in a large mixing bowl using a wooden spoon. Add the apple to this bowl and make sure the apple is covered with all the ingredients. Combine water and applesauce in another bowl. Add water mixture to dry ingredients. Mix together until the mixture is somewhat thick. Spray the muffin tin with non-stick vegetable oil spray. Spoon mixture into muffin pan. Bake at 425 degrees Fahrenheit for about 20 minutes or until lightly browned. Make sure you get a grown up to help you use the oven! Remove from muffin tin. Make sure that the Apple Dapple Whole Wheat Muffins are nice and cool before you eat them! Ask a grown up to help you remove the muffins from the pan.