

Healthy Apple Walnut Muffins with Apple Butter
By
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¾ cup all purpose flour
¾ cup whole wheat flour
1 ½ tsp ground cinnamon
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
1 cup low fat buttermilk
1 cup bran cereal
2 Tbsp wheat germ
¼ cup packed brown sugar
2 Tbsp Canola oil
1 egg (or egg beater's equivalent)
2 Golden Delicious apples (with peel) cored and chopped in a food processor
½ cup chopped roasted walnuts

- Preheat oven to 400 degrees F. In a bowl, combine flours, cinnamon, baking powder, baking soda and salt.
- In another bowl combine the buttermilk, bran flakes, wheat germ, brown sugar, oil and egg. Mix thoroughly with a wire whisk.
- Stir wet mixture into the flour mixture by hand until just moistened. Batter will still have lumps. (Do not over mix as this will cause muffins to be dense)
- Stir in the apples and walnuts.
- Spoon into a greased muffin pan until cups are nearly full.
- Bake for 15-20 minutes until a wooden toothpick inserted in the center comes out clean.
- Serve with purchased applebutter and/or jam.

Servings 8-12, make 12 muffins