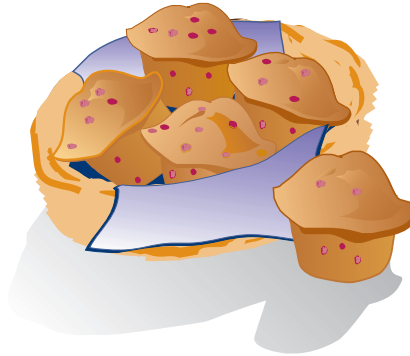


Whole-Wheat Apple Muffins

Ingredients:

- 2 cups whole-wheat flour
- 1 egg
- 1 tablespoon baking powder
- 1/4 cup oil
- 1/2 teaspoon salt
- 1/4 cup honey
- 1 teaspoon ground cinnamon
- 1 cup tart apples, pared and chopped
- 3/4 cup skim milk



Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Values*	
Total Fat	5g 8%
Saturated Fat	1g 4%
Cholesterol	20mg 6%
Sodium	135mg 6%
Total Carbohydrate	23g 8%
Dietary Fiber	3g 11%
Sugars	8g
Protein 4g	
Vitamin A	2% • Vitamin C 2%
Calcium	10% • Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Preparation:

1. Preheat the oven to 375° F (moderate).
2. Grease the muffin tins.
3. Mix the dry ingredients thoroughly.
4. Mix the remaining ingredients and add them to the dry ingredients.
5. Stir until the dry ingredients are slightly moistened.
The batter will be lumpy.
6. Fill the muffin tins (2/3 full).
7. Bake until lightly browned, about 20 minutes.

Makes 12 muffins

