

Ingredients for Apple Oatmeal Muffins:

1 cup quick cooking oats
3/4 cup light sour cream
1/4 cup milk
1/3 cup butter (melted)
2 eggs
1 cup light brown sugar
1 cup flour
1 tsp baking powder
1/4 tsp baking soda
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp vanilla
1/2 tsp salt
1 apple (peeled, shredded - at least 1 cup)

Optional Add-ins:

chopped nuts
raisins
dried cranberries

**Directions:**

1. Preheat oven to 375 (F). In a bowl add sour cream and milk to oats. Set aside.
2. In another bowl, beat two eggs and add vanilla. Set aside.
3. Peel and core an apple, chop into quarters and grate. Reserve juice.
4. In a large mixing bowl, add brown sugar and whisk to remove any lumps.
5. Add flour, baking powder, baking soda and salt to brown sugar. Combine thoroughly.
6. Add cinnamon and nutmeg to mixture and combine.
7. Create a well in the center of dry mixture. Pour beaten egg mixture and melted butter into well. **Make sure melted butter is not hot or it will cook your eggs!**
8. Fold dry mixture into egg mixture until combined. Mixture will be stiff.
9. Fold in oat-sour cream-milk combination. Stir in shredded apple and juice.
10. Spray muffin tin with a little Canola Oil or line cups with muffin papers.
11. Fill muffin cups full, if not brimming, with batter.
12. Bake 375 (F) for 20 - 25 minutes. Allow muffins to cool in tins on a rack for about 10 minutes before attempting to remove from tin.

Makes 12 regular sized muffins or 24 mini-muffins.