

Apple Maple Cheddar Muffins

Heart Healthy Dishes

Source: www.heartandstroke.ca/get-healthy/recipes/breakfast/



MAKES:

12



PREP TIME:

20 MINS



COOKING TIME:

15 MINS



CALORIES:

153 CAL

These muffins are great for a grab-and-go snack or a healthy add-on for your kids lunch.

INSTRUCTIONS

1. In a large bowl, whisk together maple syrup, egg, oil and applesauce.
2. In another bowl, whisk together flour, wheat germ, baking powder, soda and cinnamon. Stir into egg mixture and stir gently. Add apples and cheese and stir to combine.
3. Divide batter into greased or paper lined muffin tins. Bake in 375° F (190° C) oven for 12 to 15 minutes or until tester inserted in centre comes out clean.

INGREDIENTS

- 1/3 cup pure maple syrup
- 1 egg
- 3 tablespoons canola oil
- 3 tablespoons unsweetened applesauce
- 1 cup all purpose flour with added bran (nutri flour)
- 2 tablespoons wheat germ or ground flax
- 1/2 teaspoon each baking powder and baking soda
- 1/2 teaspoon ground cinnamon
- 2 cups diced cored apples
- 1/2 cup light shredded old cheddar cheese