

# FUN & HEALTHY RECIPES

For Kids



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 **Albertsons®**

# APPLE SPICE GRANOLA MUFFINS

Filled with chunks of juicy apples, these moist muffins have crunchy granola on the top and bottom!

## Ingredients

- 11 Tbsp O Organics granola (French Vanilla Almond, Oats + Honey or Quinoa Chia + Flax granola)
- 2 Tbsp Signature Kitchens canola oil
- 1/2 cup brown sugar, packed
- 1 Tbsp vanilla extract
- 1 large egg
- 3/4 cup whole wheat flour
- 1/4 cup unbleached white flour
- 1 tsp baking powder
- 3/4 tsp ground cinnamon
- 1/2 tsp salt
- 1/2 cup low fat Lucerne buttermilk
- 2 cups diced apple (with skin), about 1 large



**Suggested Cooking Method:** oven

**Prep Time:** 15 minutes

**Total Time:** 35 minutes

**Suggested**

**Categorization:**

breakfast, bread, snack

**Servings:** 11

## DIRECTIONS:

- 1** Preheat oven to 375°. Line the cups of a muffin pan with paper or foil liners. Sprinkle 1 1/2 teaspoons granola in the bottom of each muffin liner.
- 2** In mixing bowl, beat canola oil, brown sugar, vanilla extract and egg together until light and fluffy, scraping sides of bowl a couple of times.
- 3** In large measuring cup, combine the flours, baking powder and salt and whisk to blend. Add flour mixture and buttermilk, all at once, to egg mixture in mixing bowl. Beat on low speed just until blended, scraping down the sides of the bowl after 5 seconds. Stir in diced apples.
- 4** Divide batter between 11 muffin cups (about a scant 1/4 cup each). Sprinkle 1 1/2 teaspoons of granola over the top of each muffin. Press down gently with spoon so it sticks nicely to batter. Bake for 20 minutes, or until muffins are lightly browned and the tops spring back after being pushed.

**Nutritional Information:** Servings Per Recipe: 11 Serving Size: 1 regular size muffin  
Calories 137, Total Fat 2.6 g, Saturated Fat .4 g, Polyunsaturated Fat .7 g (Omega-3s .1 g), Monounsaturated Fat 1.3 g, Trans Fat 0 g, Cholesterol 17 mg, Sodium 190 mg, Potassium 111 mg, Total Carbohydrate 26 g, Dietary Fiber 2 g, Sugars 13 g, Protein 3 g