Apple Cinnamon Oatmeal Muffins

Makes 24 small muffins.

Ingredients

- 2 large eggs
- 375 ml (1 ½ cups) 2% milk (or buttermilk)
- 185 ml (¾ cup) canola oil
- 250 ml (1 cup) granulated sugar
- 5 ml (1 tsp) vanilla extract
- 125 ml (½ cup) oats
- 5 apples, cored and diced into small pieces (do not peel)
- 250 ml (1 cup) whole wheat flour
- 500 ml (2 cups) all-purpose flour
- 10 ml (2 tsp) ground cinnamon
- 15 ml (1 tbsp) baking powder
- 5 ml (1 tsp) baking soda
- ½ tsp salt

Instructions

1. Preheat oven to 190°C (375°F).
2. In a large mixing bowl, whisk together eggs, milk, oil, sugar and vanilla.
3. Stir in oats and apples.
4. Mix or sift in flour, cinnamon, baking powder, baking soda and salt.
5. Mix until just combined (do not over mix).
6. Spoon batter into 2, greased or paper lined, 12 cup muffin pans. Fill each ¾ full.
7. Bake for 20-25 minutes or until golden brown and toothpick comes out clean.

TIPS:

- You could turn these into blueberry muffins by replacing the apples with 2-3 cups of frozen or fresh blueberries and omitting the cinnamon (optional).
- If you do not have buttermilk, try this recipe to sour your own milk:
  1. To make 250 ml (1 cup) of sour milk, mix 15 ml (1 tbsp) of vinegar or lemon juice and enough milk to equal 250 ml (1 cup).
  2. Stir and let stand for 5 minutes before using.