



early childhood community development centre

Apple and Cheese Whole Wheat Muffins

Ingredients

- 1 ¼ cups all-purpose flour
- 1 cup whole wheat flour
- 1 cup lightly packed brown sugar
- 1 tsp baking soda
- ½ tsp ground cinnamon
- ½ tsp nutmeg
- 1 egg
- 1 cup plain yogurt
- 1/3 cup vegetable oil
- 2 cups diced peeled apples
- ½ cup shredded old cheddar cheese

Directions - Makes 1 dozen

1. Pre-heat oven to 375° F (190° C)
2. In a large bowl, combine all-purpose flour, whole wheat flour, brown sugar, baking soda, cinnamon and nutmeg
3. In another bowl, combine egg, yogurt, oil, apple and cheese. Add dry ingredients, stir just until moistened
4. Spoon batter into prepared muffin cups
5. Bake in preheated oven for 20 minutes or until muffins are firm to the touch

Source: Better Food for Kids: Your essential guide to nutrition for all children from age 2 to 6

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