



## Low-fat, Low-sugar Apple-oatmeal Muffins

**Tame your waistline worries with this autumn-inspired baked treat.**

Courtesy Thinkstock

### Ingredients

2 cups apples (see below)  
1½ cups all-purpose flour  
1 cup old-fashioned oats  
1/3 cup packed brown sugar  
1½ tsp. baking soda  
1 tsp. cinnamon  
1/4 tsp. salt  
1 cup plain, fat-free yogurt  
1/4 cup skim milk  
2 egg whites  
2 T. vegetable oil  
1 tsp. vanilla

### Preparation

Preheat oven to 400 degrees F.

If using fresh apples, peel, core and grate apples into two equally packed cups. Dry grated apples on paper towels before adding to batter. If using frozen apples, thaw, place in colander to drain, and use your hands to squeeze out as much moisture as possible. If apples are in slices or large chunks, dice apples to equal 2 packed cups.

In a large bowl, stir together flour, oats, brown sugar, baking soda, cinnamon and salt. In a medium bowl, whisk yogurt, milk, egg whites, oil and vanilla. Add all at once to flour mixture, and stir just until combined. Stir in grated or diced apples.

Spray muffin tins with non-stick cooking spray. Spoon batter evenly into cups. Bake for 15 to 20 minutes, or until tops are browned and a toothpick inserted in the middle comes out clean.

Place muffin tin on a wire rack and allow to cool for 10 minutes. Then use a table knife to gently loosen the edges of each muffin; remove muffins from tin and allow to finish cooling before storing, or serve warm.

Makes 12 muffins.