

Apple Spice Muffins by Lynn's Recipes



Lynn demonstrates how to make a delicious and healthy Apple Spice Muffin. These are great for breakfast or to have as an afternoon snack.
From Stonyfield Yogurt.

Ingredients:

- 2 cups flour
- ½ cup sugar
- 1-1/2 teaspoons baking soda
- 2 eggs
- 1 cup French Vanilla Lowfat Yogurt (I used Stonyfield)
- ¼ cup butter (melted and cooled)
- 2 teaspoons cinnamon
- 1 cup chopped apples (peeled and chopped)

Preheat oven to 375°. Line a muffin pan (this makes 12 muffins) with cupcake liners or spray with cooking spray and set aside.

Sift together flour, sugar, baking soda and cinnamon. In another bowl, blend eggs, yogurt and butter. Pour egg mixture into flour mixture, add apples and stir. Pour evenly into muffin tins and bake for 20-25 minutes.

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