

## APPLE NUT MUFFINS

1-1/2 c. flour  
2 t. baking powder  
1/4 t. salt  
2 egg whites or 1 egg  
1/4 c. oil  
1/2 c. sugar  
1 t. vanilla  
1/2 c. skim milk  
2 c. chopped unpeeled apples  
1/4 c. chopped walnuts

Beat egg, add oil, sugar and vanilla. Add half of the dry ingredients. Stir in milk and then remaining dry ingredients. Fold in apples and nuts. Fill greased muffin cups 2/3 full. Bake at 350 degrees for 20 minutes. Cool 5 minutes in muffin cups. Makes 16 muffins at 122 calories each.

From: Donna Kummer  
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