

BC APPLE OATMEAL MUFFINS



INGREDIENTS

3 cups	Flour, All Purpose	364 g
2 ¼ cups	Oat Flakes	196 g
⅔ cup	Brown Sugar	128 g
1 tsp	Baking Soda	8 g
½ tsp	Salt	4 g
1½ cup	BC Yogurt, plain	375 ml
1 cup	BC Butter, melted	228 g
4	Eggs	4
7 large	BC Apples, coarsely chopped	750 g
1 ½ tsp	Cinnamon, ground	4 g

DIRECTIONS

1. Combine flour, oats, brown sugar, baking soda, cinnamon, and salt in a large mixing bowl.
2. In another bowl, whisk BC Yogurt, BC Eggs, and BC Butter.
3. Stir into dry ingredients just until moistened, batter will be stiff.
4. Fold in BC Apples.
5. Scoop using ice cream scoop, into muffin cups.
6. Bake at 325 F (162 C) F for 20-25 minutes.

