

Whole Wheat Muffins

Recipe By Esther Ottensoser



Cooking and Prep:  40
m

Serves:  12

Contains:   

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,
Low Fat

Source: Family Table by
Mishpacha Magazine

Delicious! And that's just the muffin itself. Add to that your choice from these four toppings; you have a perfect healthy snack, or even a full hearty breakfast.

Ingredients (11)

Muffins

- 1 cup **Shibolim Whole Wheat Flour**
- 1 cup oatmeal
- 1/2 cup **Gefen Applesauce**
- 1/2 cup honey
- 1/2 cup oil

1 egg

1 teaspoon **Haddar Baking Powder**

1 teaspoon baking soda

1 teaspoon **Gefen Vanilla**

Oatmeal Crunch

1/2 cup brown sugar

1/2 cup quick oats

Start Cooking

Muffins

1. Preheat oven to 350°F (180°C). Line muffin pan with paper liners. Set aside.
2. Place all ingredients in medium-size bowl. Mix by hand or in mixer until combined. Pour batter into muffin pan, filling each cup $\frac{3}{4}$ full. Add your favorite toppings
3. Bake for 18-20 minutes until golden brown and toothpick inserted in center of muffin comes out clean. Allow extra baking time for large muffins.
4. Suggested toppings: Chocolate chips, blueberries, cranberries and slivered almonds, oatmeal crunch (see below).

Oatmeal Crunch

1. Place ingredients in a small pot, Cook over low flame until oats are coated in caramelized sugar. Watch carefully that sugar doesn't burn.