

# My Favorite Whole Wheat Muffins

Recipe By Elky Friedman



Cooking and Prep:  25  
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Serves:  12

Contains:   

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian,  
Low Fat

Source: Whisk by Ami  
Magazine

I find it crucial to keep the freezer stocked with whole grain muffins. That way, my teenage girls and even my little ones can grab a quick breakfast (zapped in the microwave) before running for the bus. And even when they're running on time, they take them as a filling snack (or lunch) for later in the day. My daughter received this recipe from her good friend and was the first to make them in our house. They were an immediate hit! Thank you, Rochelle S., and of course, Yael.

## Ingredients (12)

### Main ingredients

- 1 cup white whole wheat flour
- 1 cup quick oats
- 1 teaspoon cinnamon
- 1 teaspoon **Haddar Baking Powder**
- 1/2 teaspoon baking soda

- 1/2 teaspoon salt
  - 1/2 cup Haddar Applesauce
  - 1/2 cup honey
  - 1 egg
  - 1/3 cup oil
  - 1 teaspoon vanilla
  - 1/2 cup Glicks Chocolate Chips
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## Start Cooking

### Prepare the Muffins

1. Preheat oven to 350 degrees Fahrenheit. Grease a muffin pan with nonstick cooking spray.
2. Combine flour, oats, cinnamon, baking powder, baking soda, and salt. Add applesauce, honey, egg, oil, and vanilla. Mix well. Stir in chocolate chips.
3. Pour batter into muffin pan. Bake for 20 minutes.