



Heart Healthy Apple Walnut Muffins

Low Fat, Heart Healthy

12 muffins

Ingredients

- $\frac{3}{4}$ cups all purpose flour
- $\frac{3}{4}$ cups oat flour
- $\frac{1}{2}$ tsp. ground cinnamon and $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ cup Splenda
- $\frac{1}{2}$ cup vegetable or canola oil
- 1 large egg (Eggland's Omega 3 eggs)
- 2 tbs. fresh lemon juice
- 1 $\frac{1}{2}$ tsp. vanilla extract
- $\frac{3}{4}$ tsp. grated lemon peel
- 2 cups coarsely grated peeled apples (2 large apples any kind)
- $\frac{1}{2}$ cup chopped toasted walnuts (about 2 ounces)

Preparation

1. Preheat oven to 350 degrees.
2. Grease $\frac{1}{2}$ - cup muffin cups with Pam.
3. Sift fours, baking soda, ground cinnamon and salt into medium bowl.
4. Combine Splenda, oil, egg, lemon juice, vanilla and lemon peel in large bowl; whisk to blend.
5. Mix in dry ingredients, then apples and walnuts.
6. Spoon $\frac{1}{3}$ cup batter into each prepared muffin cup.
7. Bake until tester inserted into centers comes out clean, about 35 minutes.
8. Turn muffins out onto rack, cool slightly.
9. Can be enjoyed immediately or frozen for up to 1 month.