

Apple Zucchini Muffins

Ingredients:

1 ½ cups unbleached white flour	2 eggs
½ cup oat bran	¾ cup plain yogurt
1 ½ tsp. baking powder	¾ cup brown sugar
½ tsp. baking soda	½ tsp. pure vanilla
½ tsp. cinnamon	1 cup chopped apple (peeled & cored)
¼ tsp. salt	
1 cup grated zucchini	

Instructions: Preheat Oven to 350°

In a bowl, sift together flour, bran, baking powder, baking soda, cinnamon, and salt. Stir to mix.

In separate bowl, beat the eggs until pale yellow. Add yogurt, sugar, and vanilla. Beat until thoroughly mixed. Use a spatula to fold in the zucchini and apples, mix wet ingredients into dry ingredients until blended.

Fill paper muffin cup with 1/3 cup ingredients. Cook muffins in 350° oven 25 – 30 mins, turning pan after 15 min., until done.

Toothpick or knife inserted should come out clean. Let cool.

Source: Moosewood new classics