

## Apple Muffins

2 cups whole wheat flour  
1 T Baking Powder  
1 t cinnamon  
2 egg whites or 1 egg  
 $\frac{3}{4}$  cup milk  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{4}$  cup oil  
1 cup apples, peeled and chopped

Mix dry ingredients. Combine egg, milk, honey, oil and apples; mix well.  
Add wet ingredients to dry ingredients, stir. Bake at 375 degrees for twenty minutes.