

Muffins

3 Cups all purpose flour
1 1/2 Cups rolled oats
2 Teaspoons baking powder
1 Teaspoon salt
4 eggs
1 Cup skim milk
4 Tablespoons oil
1 Cup honey
1 Cup applesauce
1 Cup pureed white beans
Or 1 Cup white bean flour and 2 tablespoons applesauce.

Mix: All ingredients together until moist. Spray muffin pans with non-stick spray and fill 2/3 full.

Bake: For 15-20 minutes at 375° .

Makes 2 dozen muffins.

Kitchen Resource

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