

Orange Apple Muffins

Makes 6 servings | A diabetic-friendly recipe

Ingredients:

- 1 egg
- 1/4 cup unsweetened applesauce
- 2 tablespoons orange juice
- 1 tablespoon oil
- 2 tablespoons sugar substitute
- 3/4 cup whole wheat flour
- 1/4 cup almond flour
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt



Directions

1. Preheat oven to 350°F.
2. Mix egg, applesauce, orange juice, oil, and sweetener.
3. Stir in flours, baking powder, cinnamon, and salt.
4. Fill muffin cups.
5. Bake 18 to 20 minutes.

Fun Food Fact

Oranges are one of the most widely grown fruits in the world.