



## Apple Honey Muffins

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| <b>3 C. Oatmeal<br/>3 C. Sour milk</b>   | <b>Mix oatmeal &amp; sour milk in large bowl, and set aside.</b>   |
| <b>3 C. fresh wheat flour<br/>3 tsp. baking powder<br/>1½ tsp. soda<br/>2 C. Honey</b> | <b>In mixer bowl combine flour, baking powder, soda and honey.</b>   |
| <b>3 eggs<br/>¾ C. melted butter</b>   | <b>Add egg and butter to oatmeal batter, and mix well.</b>   |
| <b>1 C. chopped apples</b>   | <b>Add oatmeal batter all at once to dry ingredients, stirring just until moistened. Fold in apples. Fill well-greased muffin pan ¾ full &amp; bake at 400 F., 15-20 min. for small muffins &amp; 30 min. for large.</b> |