

Apple Cinnamon Bean Muffins

Ingredients:

- 2 (15-oz.) cans Great Northern beans
- 1/3 c. low-fat milk
- 1 c. sugar
- ¼ c. margarine
- 3 eggs
- 2 tsp. vanilla extract
- 1 c. all-purpose flour
- ½ c. whole-wheat flour
- 1 tsp. baking soda
- ½ tsp. salt
- 4 tsp. cinnamon
- 1 large apple, peeled, finely chopped

Directions:

Process beans and milk in a food processor or blender until smooth. Mix sugar and margarine in a large bowl; beat in eggs and vanilla. Add bean mixture, mixing until well blended. Mix in flours, baking soda, salt and cinnamon. Gently mix in apples. Spoon mixture into 16 greased or paper-lined muffin tins. Bake in a 375 F oven 20 to 25 minutes. Cool on wire racks.

Makes 16 servings.

Per serving: 180 calories, 4 g (grams) fat, 5 g protein, 32 g carbohydrate and 190 mg sodium.

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SERVICE