



Apple Cinnamon Muffins

Ingredients:

1 packet of IP Apple Oatmeal

1 egg yolk

1/4 tsp baking powder

1 oz milk

1/2-1 tsp of cinnamon

2 tsp grape seed oil

1/2 cup chayote squash

Directions:

Combine the apple oatmeal, baking powder and cinnamon. In another bowl combine the chayote, egg, milk, and grape seed oil. Mix the wet and dry ingredients together. Spray 2 muffin tins well and divide batter equally between the two. Bake at 350 for 25 min. Glaze with IP Maple Syrup and additional sprinkle of cinnamon.