



### **Apple Walnut Muffins**

1 1/2 cups unbleached or all purpose flour  
2 tsp baking powder  
1 tsp baking soda  
1/2 tsp ground cinnamon  
1/4 tsp salt  
1/2 c buttermilk  
3 tbsp vegetable oil  
1/4 c brown sugar, packed  
1 egg  
1/2 c finely chopped peeled apples  
1/2 cup golden raisins (optional)

and salt. In a large bowl, stir together the and salt. In a large bowl, stir together the buttermilk, oil, brown sugar, and egg. Stir in the flour mixture until just combined. Do not overmix, stir in the apples and raisins(if using). overmix, stir in the apples and raisins(if using).

Divide the batter evenly among the prepared muffin cups, filing them about two-thirds full. Bake for 12-15 minutes, or until a wooden pick inserted in the center of a muffin comes out clean. Cool on a rack for 5 minutes. Remove to the rack to cool completely.

Calories: 122, Carbohydrates: 19g, Sodium 252 mg, Fat: 4g, Protein: 3g, Cholesterol: 18g