

Apple Muffins

4 cups chopped apples
1 cup honey or firmly packed brown sugar
2 eggs, beaten
½ cup oil
2 cups milk
3 ½ cups whole wheat flour
1-2 tsp cinnamon
1 tsp salt
4 tsp baking powder
½ cup wheat germ
1/3 cup chopped nuts

Put chopped apples in a bowl and pour honey or sugar over them. In another bowl, mix together the eggs, oil, and milk. Stir in flour, cinnamon, salt and baking powder. Add wheat germ and stir just enough to moisten. Fold in apples and nuts. Bake in greased muffin cups at 350 degrees for 20-25 minutes. Makes 24-36 mini-muffins.