

Apple-Cinnamon Muffins

- 2 cups Corn Flakes cereal
- 1 ¼ cups whole wheat pastry flour
- ½ cup packed brown sugar
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- ⅔ cup milk
- ¼ cup vegetable oil
- 1 egg
- 1 cup chopped apple or ⅔ cup applesauce

Heat oven to 400°. Grease bottoms only of 12 regular-size muffin cups. Crush cereal*. Mix cereal, flour, brown sugar, baking powder and cinnamon in large bowl. Stir in milk, oil and egg just until moistened. Stir in apple. Divide batter evenly among muffin cups. Bake 20 to 24 minutes or until golden brown. 12 muffins.

*place cereal in plastic bag or between sheets of waxed paper crush with rolling pin, or crush in blender or food processor