SPICED APPLE BEAN MUFFINS

Psst. you don't have to tell your picky eaters what the secret ingredients are!

Just Say Yes to Fruits & Vegetables
www.foodbankst.org/jsy
SPICED APPLE BEAN MUFFINS
SERVES 12 • SERVING: 1 MUFFIN

INGREDIENTS:
• ½ cup sugar
• ¼ cup canola or vegetable oil
• 1 beaten egg
• 2 cups cooked and mashed pinto beans
• 1 cup flour
• 1 teaspoon baking soda
• 1½ teaspoons cinnamon
• 1 teaspoon ground cloves (optional)
• 2 cups peeled and diced apples
• 1 teaspoon vanilla
• ½ cup raisins
• ½ cup chopped pecans (optional)

DIRECTIONS:
1. Preheat oven to 375° F.
2. In a large bowl, blend sugar and canola or vegetable oil.
3. Add eggs and beans and mix well.
4. Stir in remaining ingredients.
5. Scoop into greased muffin tin.
6. Bake for 15-20 minutes or until a toothpick comes out clean.
7. Cool and enjoy
8. Refrigerate leftovers.

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Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.