

SPICED APPLE BEAN MUFFINS

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



**food
bank**
of the Southern Tier

Just Say Yes
To Fruits & Vegetables
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FIDELIS CARE

SPICED APPLE BEAN MUFFINS

SERVES 12 • SERVING: 1 MUFFIN

Just Say Yes
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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.

For more great recipes visit www.foodbankst.org/jsy

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.