

# Apple Cider Muffins from mix



## Nutrition in disguise

- These tasty muffins include wheat germ.
- Wheat germ has healthy fats, antioxidants, and other essential nutrients.
- Healthy fats are important for heart, nerve, and brain function.
- Store in your fridge to maintain freshness and nutrient quality.

### Nutrition facts

Serving size: 1 muffin

Calories: 158 kcal

Protein: 4 g

Carbohydrates: 27 g

Total fat: 5 g

## Makes 12 muffins

### Ingredients

- ½ cup apple cider
- 6 Tbsp plain 2% Greek yogurt
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- ¾ cup unsweetened applesauce
- ½ of a 900 g package of bran muffin mix (3 cups)
- 2 Tbsp wheat germ

### Directions

1. Preheat oven to 350°F.
2. Grease standard muffin pan.
3. Whisk together cider, yogurt, vanilla extract, cinnamon, and applesauce.
4. Add muffin mix and wheat germ.
5. Mix until moistened.
6. Fill muffin cups 2/3 full with batter.
7. Bake for 25-30 minutes.
8. Serve warm or wrap and refrigerate.



# Apple Cider Muffins from scratch



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### Nutrition facts

Serving size: 1 muffin

Calories: 121 kcal

Protein: 3 g

Carbohydrates: 25 g

Total fat: 1 g

# Makes 12 muffins

## Ingredients

- ½ cup apple cider
- 6 Tbsp plain 2% Greek yogurt
- 1 egg
- 1 tsp vanilla extract
- ¾ cup unsweetened applesauce
- 1 cup bran
- 1 cup all-purpose flour
- ½ cup brown sugar
- 1 Tbsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- 2 Tbsp wheat germ

## Directions

1. Preheat oven to 375°F.
2. Grease standard muffin pan.
3. Whisk together cider, yogurt, egg, vanilla extract, and applesauce.
4. Soak bran in cider mixture for 5 minutes.
5. In a separate bowl, mix flour, sugar, baking powder, salt, cinnamon, and wheat germ.
6. Add wet bran mixture to the dry ingredients. Mix until moistened.
7. Fill muffin cups 2/3 full with batter.
8. Bake for 25-30 minutes.
9. Serve warm or wrap and refrigerate.

