

Apple Spice Muffins

Yield: 12 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-robin-egg-milkshake-recipe>

Ingredients:

- 1 1/4 cups self rising flour
- 3/4 cup sugar
- 1/2 cup chopped nuts
- 1/4 cup quick cooking oats
- 3/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 2 eggs
- 2 cups apples peeled, cored, and chopped
- 3/4 cup vegetable oil
- 1 tablespoon water

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 35 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 180 milligrams
9. Sugar: 15 grams

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