

## **Apple Banana Bread Muffins**



**PREP TIME 10 Min**  
**COOK TIME 30 Min**  
**READY IN 40 Min**  
**SERVINGS - 12**

### **INGREDIENTS**

- \* 2 cups self-rising flour
- \* 1/2 cup white sugar
- \* 1/2 teaspoon salt
- \* 1 teaspoon ground cinnamon
- \* 1 1/2 cups nonfat milk
- \* 2 large banana, mashed
- \* 2 Granny Smith apples - peeled, cored and shredded
- \* 1 tablespoon grated orange zest
- \* 1 teaspoon vanilla extract
- \* 1/4 cup white sugar
- \* 3 tablespoons water
- \* 1/2 teaspoon ground cinnamon

### **DIRECTIONS**

- 1.** Preheat oven to 350 degrees F (175 degrees C). Grease muffin cups or line with paper muffin liners.
- 2.** In a large bowl, stir together flour, 1/2 cup sugar, salt and 1 teaspoon cinnamon. Stir in milk, banana, apples, orange zest and vanilla extract. Spoon batter into prepared muffin cups.
- 3.** Bake in preheated oven until golden brown, about 25 to 30 minutes. Check bake time by inserting a toothpick into the center of a muffin. The muffins are done when the toothpick comes out clean.
- 4.** While muffins bake, combine 1/4 cup white sugar and 3 tablespoons water in a small saucepan. Bring mixture to a boil and cook for 1 minute. Brush glaze over baked muffins, then sprinkle muffins with as much cinnamon as you like.