

Spiced Apple Bean Muffins

Just Say Yes to Fruits and Vegetables

Getting fruit and beans in with dessert? Now that's a win-win!



jsyfruitveggies.org

Spiced Apple Bean Muffins

Just Say Yes to Fruits and Vegetables

Getting fruit and beans in with dessert? Now that's a win-win!



jsyfruitveggies.org

Spiced Apple Bean Muffins

Just Say Yes to Fruits and Vegetables

Getting fruit and beans in with dessert? Now that's a win-win!



jsyfruitveggies.org

Spiced Apple Bean Muffins

Just Say Yes to Fruits and Vegetables

Getting fruit and beans in with dessert? Now that's a win-win!



jsyfruitveggies.org

Spiced Apple Bean Muffins

Serves 12 ▪ Serving: 1 muffin



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

Ingredients:

- 1 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 thoroughly.
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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Spiced Apple Bean Muffins

Serves 12 ▪ Serving: 1 muffin



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

Ingredients:

- 1 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 thoroughly.
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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Spiced Apple Bean Muffins

Serves 12 ▪ Serving: 1 muffin



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

Ingredients:

- 1 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 thoroughly.
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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Spiced Apple Bean Muffins

Serves 12 ▪ Serving: 1 muffin



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

Ingredients:

- 1 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 thoroughly.
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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.