

Ingredients

1 packet of IP Apple Oatmeal

1/4 tsp baking powder

1/2-1 tsp of cinnamon

1/2 cup chayote squash

1 egg yolk

1 oz water

2 tsp grape seed oil

Apple Cinnamon Muffins

Directions

1) Combine the apple oatmeal, baking powder and cinnamon.

2) In another bowl combine the chayote, egg, water, and grape seed oil.

3) Mix the wet and dry ingredients together.

4) Spray 2 muffin tins well and divide batter equally between the two.

5) Bake at 350 for 25 min.

6) Glaze with Walden Farms pancake syrup and additional sprinkle of cinnamon.

