Apple Muffins

2 cups all-purpose flour
1/2 cup white sugar
3 teaspoons baking powder
1/2 teaspoon salt
3/4 cup apple juice

1/3 cup vegetable oil
1 egg
1 teaspoon ground cinnamon
1 cup apples - peeled, cored

1. Heat oven to 400°F.
2. Grease bottoms only of 12 muffin cups or line with baking cups.
3. In a medium bowl, combine flour, sugar, baking powder, cinnamon, and salt; mix well.
4. In a small bowl, combine apple juice, oil, and egg; blend well.
5. Add dry ingredients all at once; stir just until dry ingredients are moistened (batter will be lumpy.)
6. Stir in chopped apples.
7. Fill cups 2/3 full.
8. Bake for 18 to 22 minutes or until toothpick inserted in center comes out clean.
9. Cool 1 minute before removing from pan.
10. Serve warm.
11. Makes 12 servings.

Preparation: 30 minutes
Baking: 30 minutes

Per Serving:

Calories 182
Total Fat 7g
Cholesterol 18mg
Sodium 226mg
Total Carbs 28g
Dietary Fiber 1g
Protein 3g

Source: allrecipes.com