



THE J.M. SMUCKER Co

Good Morning Apricot Muffins

Prep Time Cook Time Serves Difficulty

18 mins 20 mins 12 N/A

Ingredients

- 1 1/2 cups (375 mL) 100% bran cereal
- 1 1/4 cups (300 mL) low fat plain yogurt
- 1 egg
- 1 1/2 tsp (7 mL) orange rind, grated
- 1/2 cup (125 mL) orange juice
- 1/3 cup (75 mL) liquid honey
- 1/4 cup (50 mL) Vegetable Oil
- 1/2 cup (125 mL) dried apricots, chopped
- 1 cup (250 mL) **Robin Hood®** Original All Purpose Flour

Robin Hood® Original All Purpose Flour

- 1 cup (250 mL) **Robin Hood®** All Purpose Whole Wheat Flour

Robin Hood® Whole Wheat All Purpose Flour

- 2 tsp (10 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/2 tsp (2 mL) salt

Directions

Step 1:

Preheat oven to 400°F (200°C). Line 12 muffin pans with paper liners.

Step 2:

Combine cereal and yogurt in large mixing bowl; let stand 5 minutes.

Have your kids stir the cereal and yogurt together and set the timer. Do they know why you do this? This softens up the cereal so it will combine with the other ingredients and won't be crunchy when the muffins are baked.

Step 3:

Stir in egg, orange rind, juice, honey, oil and apricots until well combined.

Show your kids a trick that makes it easy to remove the honey from the measuring cup. Measure the oil and add it first, then add the honey to the used measuring cup. The oil will keep it from sticking to the sides so it will come right out.

Step 4:

Mix remaining ingredients in separate large bowl.

Pop quiz! Can your helpers tell the difference between the two types of flours? Is one darker than the other? Do they feel different in their hands?

Step 5:

Stir cereal mixture into dry ingredients, just until moistened.

Step 6:

Spoon into prepared muffin cups, filling each to the top.

Step 7:

Bake in preheated oven for about 20 minutes, until golden brown. Cool on rack. Store in airtight container; freeze if desired.

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