Apple Cinnamon Muffins

Ingredients:

- 1 cup Complete Muffin Mix
- ¼ cup water
- 1 tsp cinnamon
- ¼ cup canned diced apples

Nutrition Facts:

- Calories 240kcal
- Carbohydrates 40g
- Protein 3g
- Fat 1.5g
- Sodium 285mg
- Fiber 1g
- Sugar 35g

Serving Size: 1 muffin

Allergies:

Wheat, Milk, Eggs; May Contain Soy