INGREDIENTS:
*Yields: 2 dozen muffins
- 2 cups all-purpose flour
- 3/4 cup whole wheat flour
- 1/4 cup quick cooking oats
- 2/3 cup brown sugar
- 2 tablespoons baking powder
- 1/2 teaspoon cinnamon
- 2 eggs
- 1/4 cup nonfat Greek yogurt
- 1/4 cup apple sauce
- 3/4 cup low-fat buttermilk
- 2/3 cup chopped walnuts
- 1 cup shredded apple
- 1/2 cup dried cranberries coarsely chopped

DIRECTIONS:
1. Preheat your oven to 375 degrees.
2. In a mixing bowl whisk together flours, oats, sugar, baking powder and cinnamon. In another bowl whisk together the eggs, yogurt, applesauce, and buttermilk.
3. Gently mix the buttermilk mixture into the dry mixture, mixing with a wooden spoon until just combined. Fold in the walnuts, apples and cranberries.
4. Grease or line a muffin pan with liners. Fill each muffin tin 2/3 full. Bake for 15-20 minutes or until a toothpick inserted into the middle of the muffin comes out clean.