



CRITTER HAVEN

Recipe of the month

St Valentine ' s Day Frisky Feast

- 1 ½ Cups whole-wheat flour
- 1 Cup rolled oats
- 1 Cup oat bran
- 2 Teaspoons baking soda
- 1 Teaspoon cinnamon
- 2 Apples, peeled and diced
- 1 Egg
- ¼ Cup honey
- 3 Tablespoons vegetable oil
- ¼ Cup Walnuts
- 1 Cup skim milk

- Preheat oven to 400 degrees
- In a bowl, combine flour, oats, oat bran, baking soda and cinnamon.
- Add apples, eggs, honey, oil, and walnuts. Stir thoroughly.
- Add milk and mix thoroughly.
- Spoon batter into greased muffin tin so that cups are three-quarters full and bake for 20 to 25 minutes. Cool before serving and store in a sealed container.