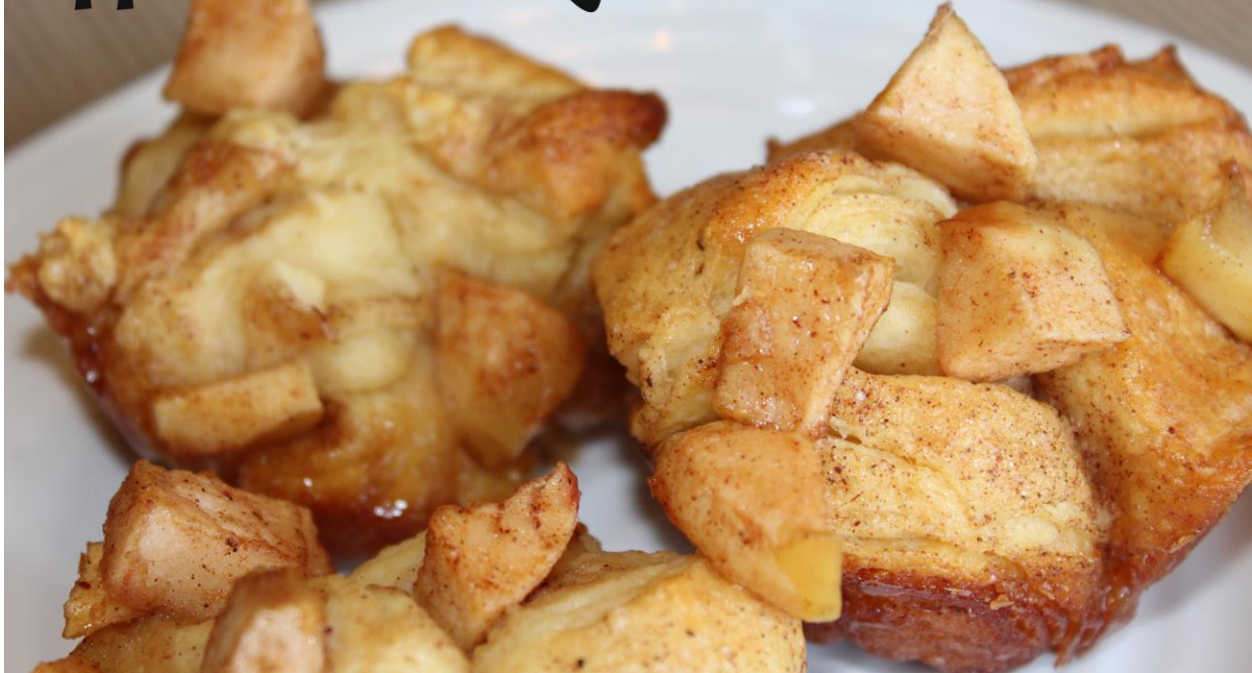


Apple MONKey Bread MUFFiNS



Food H & P: (makes 18 muffins)

2 large cans of refrigerated biscuits

1 stick (1/2 cup of butter)

½ cup of brown sugar

1/3 cup of granulated sugar

2 teaspoons of ground cinnamon

2 apples- cored, peeled, and chopped into small pieces

Food Rx:

Spray the muffin tins with cooking spray. Melt butter and mix in brown sugar in a small bowl. Place a large spoonful of butter and brown sugar mixture into the bottom of the muffin tins. Cut each biscuit into 4 pieces. Mix the granulated sugar and cinnamon in a gallon zip lock bag (or large bowl) and add the biscuits. Shake (or stir) the biscuits and chopped apples together with the sugar mixture. Fill the muffin tins with the biscuit and apples then top with any remaining butter and brown sugar mixture. Bake at 350 degrees for 15-20 mins or until the biscuits are golden and cooked through. Let the muffins sit in the muffin tray for 2-3 mins before removing.