

# TABLETALK

MAY, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

## 2017 Mandatory Class Trainings

### Dallas / Fort Worth Area

1. April 29<sup>th</sup> **9am-4pm**  
Buckingham Church of Christ  
3630 Buckingham  
Garland, TX 75042
2. June 3<sup>rd</sup> **9am-4pm**  
Just Kidding Around  
122 South State Hwy 342  
Red Oak, TX 75154
3. July 22<sup>nd</sup> **10am-5pm**  
FT Worth Central Library  
Tandy Lecture Hall  
Ft Worth, TX 76102

### Houston Area

1. May 20<sup>th</sup> **9am-4pm**  
New Life Chapel  
9525 Towne Park Dr  
Houston, TX 77036
2. June 24<sup>th</sup> **9am-4pm**  
City of Refuge  
4170 W. Greens Rd  
Houston, TX 77066
3. July 29<sup>th</sup> **9am-4pm**  
United Way Community Center  
50 Waugh Dr  
Houston, TX 77007

Classes will have a one (1) hour lunch break. Daycare Homes **do not** have to return for the second part.

Please make the necessary arrangements to your schedule, as you will be required to stay as long as needed to complete the mandatory training to receive your certificate. Be sure to sign yourself out when finishing the class so that we have a record of your attendance to award your certificate.

### Chef Bob's Cookbook

### Cinnamon Apple Muffins



Cinnamon Apple Muffins

PREP: 10 min

COOK: 17 min

READY IN: 27 min

YIELD: 8 muffins

#### Muffin Ingredients

- 1 cup (125 grams) whole spelt, whole wheat pastry, or whole wheat flour
- ½ teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 1 egg
- ½ cup (100 grams) honey
- ¼ cup + 2 tablespoons (90ml) olive oil or canola oil
- 1 teaspoon vanilla extract
- ¼ cup (60ml) plain yogurt or buttermilk
- 1 cup (180 grams) peeled and chopped apple, preferably from baking apples

#### Topping Ingredients

- ½ cup (45 grams) whole spelt, whole wheat pastry, or whole wheat flour
- ½ cup (100 grams) unrefined brown sugar, or normal brown sugar
- 2 tablespoons (30 grams) melted butter
- 2 teaspoons cinnamon

#### Directions

1. Preheat the oven to 350°F / 175°C. Line a muffin tin with 8 muffin liners.
2. In a medium bowl, whisk together the dry ingredients.
3. In another bowl, whisk the egg. Add the honey, olive oil and vanilla. It might look a little weird at first; just keep stirring until it's well combined, and then add the yogurt or buttermilk.
4. Add the flour mix to the wet mix. It just needs to be combined, so be careful not to overmix. Then fold in the apples. Fill the liners with the batter, filling almost all the way to the top. You could get more out of these if you want to make them smaller. Just take them out a little earlier.
5. Combine the streusel ingredients. If you don't want to make the streusel, add some cinnamon sugar (1 tablespoon unrefined or brown sugar + 1 teaspoon cinnamon) to the top of the muffins. It adds a wonderful crust and a little extra sweetness.
6. Bake for about 15 – 17 minutes or until a toothpick comes out clean.
7. Let the muffins cool for 5 minutes and then turn out onto a wire rack to cool.
8. When the muffins are completely cooled, place them in an airtight container and store at room temperature for up to 4 days. Anything past that, store in the refrigerator.