**Apple Stuffing Muffins**

**Ingredients:**
- 6 cups day old whole wheat bread, cut into 1” cubes
- 1 teaspoon olive oil
- ¼ cup onion, minced
- ¼ cup celery, minced
- 1 cup apple, peeled and diced
- ½ teaspoon sage, minced
- ½ teaspoon thyme
- ⅛ teaspoon cinnamon
- 1 ¼ cup vegetable broth
- 1 egg white
- 2 tablespoons maple syrup

**Directions:**
Preheat oven to 425 degrees F. Arrange bread cubes onto baking sheet, and bake just until slightly crispy, checking frequently (about 6-8 minutes). Heat a medium sauté pan over medium high heat, add olive oil to pan, and then add celery and onion. Cook vegetables until translucent, stirring frequently. Add cooked celery and onion to a large bowl with all ingredients, and mix thoroughly. Spray a muffin tin with nonstick cooking spray, and press mixture firmly into pan. Bake at 350 degrees F for approximately 30 minutes.