

Applesauce oatmeal muffins

Yield: 12 muffins
Prep time: 10 minutes
Cook time: 15 - 20 minutes

This tasty muffin recipe features two pantry staples: oats and applesauce. Keep this recipe on hand for a staple muffin recipe that is easy to make, highly nutritious, and contains items commonly found in pantries.

Ingredients

- 1 1/4 cups rolled oats
- 2 tbsp old-fashioned oats for top
- 1 1/4 cups unsweetened applesauce
- 1/2 cup milk
- 1 large egg
- 1 tsp vanilla extract
- 4 tbsp butter, melted
- 1/3 cup granulated sugar
- 1 cup whole wheat flour
- 1 tsp baking powder
- 3/4 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp salt

Directions

1. Preheat oven to 375° F. Line a 12-cup muffin tin with liners or grease with non-stick cooking spray. Set aside.
2. In a medium bowl, stir together the oats, applesauce, milk, egg, vanilla, butter and sugar.
3. In a large bowl, mix the flour, baking powder, baking soda, cinnamon and salt.
4. Pour in applesauce mixture into dry ingredients. Stir until combined.
5. Spoon batter evenly into muffin cups. Sprinkle old fashioned oats on top of batter in muffins tins.
6. Bake for 15-20 minutes.

GrainFact:

Oats thrive in climates that are cool and moist and thus are primarily grown in Europe and North America.



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