



# Applesauce Oat Muffins

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Recipe Source: [www.melskitchencafe.com](http://www.melskitchencafe.com)

Yield: 12 muffins

## Ingredients:

1 cup old-fashioned rolled oats  
1 cup unsweetened applesauce  
½ cup low-fat milk  
1 large egg  
1 tsp vanilla  
4 Tbsp canola oil  
¼ cup sugar  
¾ cup whole wheat flour  
1 tsp baking powder  
½ tsp baking soda  
1 tsp cinnamon  
¼ tsp salt  
½ cup dried cranberries or raisins, optional

## Steps:

- Preheat oven to 375°. Line a 12-cup muffin tin with liners or grease the muffin cups. Set aside.
- In a medium bowl, stir together the oatmeal, applesauce, milk, egg, vanilla, oil, and sugar. Set aside.
- In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, salt, and cranberries or raisins (if using).
- Make a well in the center and pour in the applesauce mixture. Stir just until combined. (Don't over-mix or the muffins will be dense and dry.) It's okay if the muffin batter seems a bit wet.
- Distribute the batter evenly among the 12 muffin cups. Bake for 15-20 minutes until a toothpick inserted comes out clean. Be careful to not over-bake!
- Remove the muffins to a rack to cool completely. (Once cool, you can place muffins in a large freezer Ziploc bag, squeeze all the air out, seal, then freeze the muffins.)

*Tips from the Test Kitchen: Instead of (or in addition to) the dried fruit, you could also add ½ cup of chopped nuts. Pecans are particularly delicious, especially if you toast them first!*

**Nutritional Facts (per serving):** Calories: 149, Carbohydrates: 23 grams, Protein: 3 grams, Total Fat: 6 grams, Saturated Fat: 1 gram, Cholesterol: 16 mg, Sodium: 60 mg, Fiber: 2 grams, Total Sugars: 12 grams.