



# Cinnamon Applesauce Muffins



## INGREDIENTS

- Nonstick cooking spray
- 1 cup old-fashioned oats
- ½ cup fat-free milk
- 1 cup unsweetened applesauce
- 1 large egg
- 1 teaspoon vanilla extract
- 2 tablespoons canola oil
- ½ cup whole wheat flour
- ½ cup all purpose flour
- ½ cup brown sugar
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt



### Nutrition Information:

Calories: 135, Total Fat: 3g, Saturated Fat: 0g, Cholesterol: 15mg, Sodium: 160mg, Total Carbohydrate: 24g, Fiber: 2g, Protein: 3g

## DIRECTIONS (Yields 12 servings)

1. Heat oven to 400 degrees. Spray a 12-cup muffin pan with non-stick cooking spray
2. In a large bowl combine oats and milk. In a separate bowl, combine applesauce, egg, vanilla, and canola oil. Stir in oat mixture slowly. Add flours, brown sugar, baking powder, cinnamon, baking soda and salt. Stir until just combined. Divide mixture evenly among muffin cups
3. Bake until muffins are cooked through, about 12 – 14 minutes