

# Healthy Applesauce Oat Muffins

**Yield:** 12 servings

**Prep Time:** 10 Minutes

**Cook Time:** 20 Minutes

**Total Time:** 30 Minutes

## Ingredients:

- 1 cup old-fashioned rolled oats
- 1 cup unsweetened applesauce
- 1/2 cup milk
- 1 large egg
- 1 teaspoon vanilla extract
- 4 tablespoons butter, melted
- 3/4 cup white whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- ½ cup dried cranberries



## 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, and butter
3. In a large bowl, mix the flour, baking powder, baking soda, cinnamon, salt, and cranberries or raisins.
4. Make a well in the center for the dry ingredients and pour the applesauce mixture. Stir just until combined (**don't overmix!!!**)
5. Spoon the batter evenly into the muffin cups. Bake for 15-20 minutes or until a toothpick inserted in the center comes out clean.
6. Don't overbake or the muffins will be dry. Remove them to a cooling rack. Cool completely before freezing in a ziplock freezer bag.

Recipe Retrieved from Tastes Better From Scratch. Check out their healthy banana oat muffins!