

Applesauce Oatmeal Muffins

Ingredients

(Recipe adapted from Quaker Oats® recipe)

TOPPING

1/4 cup oats (quick or old fashioned, uncooked)
1 Tablespoon firmly packed brown sugar
1/8 teaspoon ground cinnamon
1 Tablespoon margarine or butter, melted

MUFFINS

1-1/2 cups oats (quick or old fashioned, uncooked)
1-1/4 cups all-purpose flour
1 teaspoon baking powder
3/4 teaspoon baking soda
3/4 teaspoon ground cinnamon
1 cup applesauce (unsweetened or sweetened)
1/2 cup milk (whole, 2% or skim)
1/2 cup firmly packed brown sugar
3 tablespoons vegetable oil
1 egg, lightly beaten

Mise en place! (Everything in its place)

Directions

1. Preheat oven to 400°. Grease 12 muffin cups or use paper liners.
2. Mix topping ingredients together in small bowl and set aside.
3. Mix the first 5 muffin ingredients together in large bowl. Make a well in the center.
4. Mix the remaining wet ingredients together in medium bowl; blend well.
5. Add the wet ingredients to the dry all at once. Stir just until the dry ingredients are moistened. (Do not over mix)
6. Fill muffin cups until almost full. Sprinkle with reserved topping, patting gently.
7. Bake 20-22 minutes or until deep golden brown. Cool muffins in pan for 5 minutes. Remove from pan and serve warm.

[Link to Video](#)