

# Applesauce Oat Muffins

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 12

## Ingredients

- 1 cup old-fashioned oats
- 1 cup unsweetened applesauce
- ½ cup milk
- 1 large egg
- 1 teaspoon vanilla
- 4 tablespoons butter
- 1/3 cup sugar
- ¾ cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- Optional add-ins: fresh or frozen blueberries, diced apples, raisins, nuts, etc.



## Instructions

1. Preheat the oven to 375 degrees F. Line a muffin tin with 12 cup liners or grease the muffin cups.
2. In a medium bowl, stir together the oatmeal, applesauce, milk, egg, vanilla, butter and sugar. Set aside.
3. In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon and salt. Add the oatmeal and applesauce mixture and stir until just combined. Stir in any additional options.
4. Spoon the batter evenly into the prepared muffin tin.
5. Bake for 15-20 minutes until a toothpick inserted in the center comes out clean.
6. Remove the muffins from tins to cool and enjoy.