



apple spice oat muffins

MAKES: 12 servings

PREP: 30 minutes

COOK: 15 minutes

ingredients:

- 3 cups quick oats
- 1 tablespoon pumpkin pie spice (cinnamon, nutmeg, ginger, allspice, clove)
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 1 apple, small dice
- 2 eggs
- 2/3 cup milk
- ¾ cup applesauce
- ½ cup maple syrup (or other liquid sweetener)
- 3 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- brown sugar (optional topping)

directions:

1. Pre-heat oven to 375F degrees.
2. Line 12-cup muffin pan with cupcake liners or lightly grease with cooking oil spray.
3. Combine oats with spices, baking soda, salt and apple.
4. Separately, combine eggs, milk, applesauce, sweetener, oil and vanilla.
5. Mix together wet and dry ingredients until just combined.
6. Portion batter into muffin cups; sprinkle with brown sugar.
7. Bake for 15-18 minutes, or until toothpick inserted in center of muffin comes out clean.
8. Cool in pan for 5 minutes before removing muffins.

notes:

hearty – These whole-grain muffins are great for breakfast or snack, and versatile when it comes to ingredient substitutions.