

Apple oatmeal muffins



Recipe credit

Simple Healthy Recipes. Oklahoma Nutrition Information and Education - ONIE Project

About this recipe

Serves

6

Serving size

1 muffin

Ingredients

- 1/2 cup milk, non-fat
- 1/3 cup applesauce
- 1/2 cup flour, all-purpose
- 1/2 cup quick-cooking oats (uncooked)
- 1 cup sugar
- 1/2 tablespoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 apple (tart, cored and chopped)
- Optional toppings: raisins, walnuts.

Directions

1. Wash your hands with soap and water.
2. Preheat oven to 400 °F.
3. Place 6 cupcake holders in baking tin.
4. In a mixing bowl, add milk and applesauce. Stir until blended.
5. Stir in flour, oats, sugar, baking powder, and cinnamon. Mix until moistened (do not over mix).
6. Gently stir in the chopped apples.
7. Spoon into cupcake holders.
8. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
9. Cool in pan 5 minutes before serving. Store unused portions in an airtight container.

Tips and variations

- Buy apples while they are in season and on sale and make batches of these muffins to put in the freezer for later.
- You can also substitute whole wheat flour to make your muffins heartier and more nutritious.

Nutritional info

Calories

222

Total fat

1g

Saturated fat

0g

Cholesterol

0mg

Sodium

132mg

Total carbohydrates

53g

Dietary fiber

2g

Protein

3g

Total sugar

19g

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