

A photograph of two cinnamon applesauce muffins on a light-colored surface. One muffin is whole, and the other is broken in half, revealing a moist interior with visible oats and cinnamon. In the background, there is a green apple, a cinnamon stick, and a plate of more muffins.

CINNAMON APPLESAUCE MUFFINS

ingredients:

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|-------------------------------------|-------------------------------------|
| Nonstick cooking spray | $\frac{1}{2}$ cup all-purpose flour |
| 1 cup old-fashioned oats | $\frac{1}{2}$ cup brown sugar |
| $\frac{1}{2}$ cup fat-free milk | 1 teaspoon baking powder |
| 1 cup unsweetened applesauce | 2 teaspoons cinnamon |
| 1 large egg | $\frac{1}{2}$ teaspoon baking soda |
| 1 teaspoon vanilla extract | $\frac{1}{2}$ teaspoon salt |
| 2 Tablespoons canola oil | |
| $\frac{1}{2}$ cup whole wheat flour | |

directions:

1. Heat oven to 400 degrees F.
2. Spray a 12-cup muffin pan with nonstick cooking spray. In a large bowl, combine oats and milk.
3. In a separate bowl, combine applesauce, egg, vanilla, and canola oil. Stir in oat mixture slowly.
4. Add flours, brown sugar, baking powder, cinnamon, baking soda, and salt. Stir until just combined.
5. Divide mixture evenly among muffin cups.
6. Bake until muffins are cooked through, about 12-14 minutes.

Yield: 12 servings

Nutrition Information Per Serving:

Calories: 135 calories
Fat: 3 grams
Saturated Fat: 0 grams
Cholesterol: 15 mg
Sodium: 160 mg
Carbohydrates: 24 grams
Fiber: 2 grams
Protein: 3 grams

Food exchanges:
1 1/2 starch, 1 fat



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