

Making it delicious

Applesauce Muffins



Ingredients

- 1 cup applesauce *unsweetened*
- 2 Tbsp. melted butter or oil
- 1 egg
- ½ cup milk
- 1 tsp. vanilla extract
- 1 cup whole wheat flour
- ½ cup oats
- ¼ cup sugar (or maple syrup)
- 1 tsp. cinnamon
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt



Photo and Recipe (adapted) from www.yummytoddlerfood.com

Instructions

- Preheat the oven to 375°F and grease a muffin tin well (standard or mini muffins).
- Stir together the wet ingredients in a medium bowl.
- Add the dry ingredients, and gently fold together.
- Fill prepared muffin tin to the edge of each cup.
- Bake for 22-24 minutes for a standard 12-cup muffin pan, or 16-20 minutes for a mini muffin pan, or until lightly browned around the edges and a toothpick inserted into the center comes out cleanly.
- Remove from oven, let cool for 2 minutes in the pan, then remove to cool on a wire rack.
- Allow to fully cool before storing. Store leftovers in the refrigerator in an airtight container, or in the freezer in a freezer bag.