

Cinnamon-Apple Oat Muffins

These muffins contain oats for soluble fiber and non-fat dry milk and buttermilk for calcium. For extra crunch, try topping each muffin with 1 teaspoon chopped nuts mixed with a little brown sugar before baking.

¾ cup firmly packed brown sugar
½ tsp. ground cinnamon
1 ½ cups all-purpose flour
½ cup uncooked old fashioned oats
1 tsp. baking soda
¼ tsp. salt
1/3 cup nonfat dry milk (optional)
¼ canola oil or other vegetable oil
2 large eggs
1 cup unsweetened applesauce
1 tsp. vanilla extract
¾ cup buttermilk
1 apple, cored, peeled, and cut into 1/4 inch pieces

Preheat oven to 375 degrees. Line a 12 cup muffin pan with paper liners or spray with cooking spray.

In a medium bowl, combine flour, oats, dry milk (if using), cinnamon, baking soda and salt.

In a large bowl, whisk the brown sugar with the oil until combined. Add the eggs, one at a time, whisking well after each addition. Whisk in the applesauce and vanilla. Stir in the flour mixture in two batches, alternating with the buttermilk, just until combined. Gently stir in the apple chunks.

Pour the batter into the prepared muffin pan, filling each about two-thirds full. Tap the pan on the counter a few times to remove any air bubbles. Bake until a toothpick inserted in the center of one of the muffins comes out clean, about 20 minutes.

Let cool on a wire rack for 15 minutes. Enjoy warm or let cool completely before storing in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months.

Makes 12 muffins

Serving size: 1 muffin

Calories per muffin: 200

Fat: 7.5 grams

Fiber: 1.5 grams

Carbohydrates: 35 grams (about 2 ½ carbohydrate exchanges for people with diabetes)

Recipe adapted from The Food You Crave by Ellie Krieger

