



## CINNAMON APPLE OAT MUFFINS

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

**Yield:** 12 muffins

**Serving Size:** 1 muffin

### Ingredients:

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

### Instructions:

1. Preheat oven to 350°. Line a 12-cup muffin tin with paper liners or spray with non-stick cooking spray.
2. Soak oats with buttermilk and set aside. In a medium bowl, combine flour, dry milk (if using), cinnamon, baking soda, and salt.
3. In a large bowl, whisk the brown sugar and 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/oat mixture until just combined. Do not overmix the batter. Gently stir in the apple chunks.
4. Pour the batter into the prepared baking tin, filling each muffin well 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 (approximately 30-40 minutes).
5. Remove muffins to a wire rack and let cool about 15 minutes. Enjoy warm or let cool completely before storing in an airtight container. The container of muffins will last in the refrigerator for up to 3 days or in the freezer up to 3 months.

**Per Serving:** Calories 215, Carbohydrates 39 g, Fat 7.5 g, Fiber 1.5 g

This recipe was adapted from *The Food You Crave* by Ellie Krieger.

