Applesauce Oatmeal Muffins with Blueberries

Ingredients

- ½ cup whole wheat flour
- ½ cup all-purpose flour
- 1 cup quick-cooking oatmeal
- ½ teaspoon cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1/3 cup vegetable oil
- 1 cup applesauce, unsweetened
- 1 large egg
- ½ cup brown sugar, lightly packed
- ½ cup blueberries, fresh or frozen (unsweetened)

Directions

1. Preheat oven to 350°F. Line a muffin pan with 12 baking cups.
2. In large bowl, combine dry ingredients (flours, oatmeal, cinnamon, baking powder, baking soda and salt); mixing well.
3. In small bowl, mix together the oil, applesauce, egg and brown sugar.
4. Add wet ingredients to dry ingredients and stir just enough to moisten the ingredients. Batter should still be lumpy.
5. Gently stir in blueberries.
6. Divide the mixture between 12 muffin cups (about ¼ cup of batter for each muffin cup).
7. Bake at 350°F for 25–30 minutes or until a toothpick/knife inserted near the center comes out clean.
8. Remove from oven and cool in pan for 5 minutes. Then place muffins on a wire rack to finish cooling.
9. Store muffins in a covered container or plastic storage bag to prevent them from drying out. Enjoy muffins within 3–4 days or freeze to eat at a later time.

Nutrition Information

Serving Size (1 muffin): Calories 159, Total Fat 7g, Saturated Fat 1g, Cholesterol 18mg, Sodium 152mg, Total Carbohydrates 22g, Total Sugars 9g, Protein 3g

Suggested Supplies for recipe

1 dry measuring cup set
1 set measuring spoons
1 liquid measuring cup
1 mixing bowl
1 whisk
1 rubber spatula
1 muffin tin
12 muffin tin liners
Plates and silverware for serving

Notes:

It is important to not overmix the batter. Only 10–15 strokes are needed to moisten the ingredients.

When using frozen blueberries, do not thaw them. Keep blueberries frozen so they do not cause the batter to turn a bluish color.

Try these variations. Enjoy the muffins plain by not adding blueberries or add dark chocolate chips instead of blueberries.

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