

APPLESAUCE MUFFINS

INGREDIENTS:

- 1 large egg
- 1/2 cup (125 ml) packed light brown sugar
- 1/2 cup applesauce
- 1/2 cup (125 ml) milk
- 1/2 cup (125 ml) oats
- 2 Tbsp (30 ml) cup canola oil
- 1/2 tsp (2 ml) vanilla extract
- 3/4 cup (185 ml) all-purpose flour
- 1 1/2 tsp (7 ml) baking powder
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) ground cinnamon
- 1/4 tsp (1 ml) salt

DIRECTIONS:

1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in applesauce, milk, oats, oil and vanilla.
3. Whisk flour, baking powder, baking soda, cinnamon and salt in a large bowl. Make a well in the dry ingredients; add the wet ingredients and stir with a rubber spatula until just combined. Scoop the batter into the prepared muffin cups (they'll be quite full).
4. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.