

Applesauce Oatmeal Muffins with Blueberries

12 Servings



4 Steps to Food Safety



Clean



Separate



Cook



Chill

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 large egg
- ⅓ cup vegetable oil
- 1 cup applesauce, unsweetened
- ½ cup brown sugar, lightly packed
- ½ cup blueberries, fresh or frozen (unsweetened)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 °F. Line a muffin pan with 12 baking cups.
3. In large bowl, combine dry ingredients (flours, oatmeal, cinnamon, baking powder, baking soda and salt); mixing well.
4. Break egg into a small bowl. Wash hands with soap and water after cracking raw egg. Add the oil, applesauce, and brown sugar. Mix well.
5. Add wet ingredients to dry ingredients and stir just enough to moisten the ingredients. Batter should still be lumpy.
6. Gently stir in blueberries.
7. Divide the mixture between 12 muffin cups.
8. Bake for 25–30 minutes or until a toothpick inserted near the center comes out clean.
9. Store muffins in an airtight container at room temperature for two to three days or freeze for up to three months.

Nutrition Information for 1 muffin: Calories 159, Total Fat 7g, Saturated Fat 1g, Cholesterol 18mg, Sodium 152mg, Total Carbohydrates 22g, Total Sugars 9g, Protein 3g

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