

## Super Strawberry Muffins

12 servings

- ⅓ cup vegetable oil
- ½ cup brown sugar, lightly packed
- 1 cup strawberry applesauce (no added sugar)
- 1 egg
- 1 cup white whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup chopped fresh strawberries, gently rubbed under cold running water
- 1 cup quick-cooking oatmeal

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Line a muffin pan with 12 baking cups or spray with nonstick cooking spray.
3. Break egg into a medium bowl. Wash hands with soap and water after cracking raw egg. Add oil, brown sugar, and applesauce. Mix well.
4. In a separate medium bowl, combine flour, baking powder, baking soda, and salt, if desired. Add liquid ingredients to dry ingredients and mix until moistened.
5. Carefully blend in strawberries and oatmeal.
6. Divide the mixture into 12 muffin cups. Sprinkle with additional oatmeal if desired.
7. Bake for about 20 minutes, until golden brown or until a toothpick inserted near the center comes out clean.
8. Remove from oven and cool.
9. Store muffins in an airtight container at room temperature for two to three days or freeze for up to three months.



**Nutrition Information per Serving (1 muffin):** Calories 170, Total Fat 7g, Saturated Fat 1g, Cholesterol 15mg, Sodium 60mg, Total Carbohydrates 24g, Fiber 2g, Total Sugars 12g, includes 9g Added Sugars, Protein 3g, Vitamin D 0%, Calcium 6%, Iron 6%, Potassium 2%.