

Healthy Apple Cinnamon Applesauce Muffins

Yield - 17 muffins

Ingredients

- 1-1/2 cups quick-cooking oats
- 1-1/2 cups all-purpose flour
- 1/4 cup packed brown sugar
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 2 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 very large Honey crisp apple, peeled and chopped. Roughly 8.5 ounces.
- 1 1/4 cups homemade cinnamon applesauce
- 1/2 cup 2% milk
- 1 egg
- Sparkling Sugar (bigger sugar crystals for pie and muffin toppings)

Directions

1. In a large bowl, combine the first eight ingredients. In another bowl, combine the applesauce, milk, egg, and chopped apple. Stir into dry ingredients just until moistened. Fill muffin cups lined with paper.
2. Sprinkle sparkling sugar over batter.
3. Bake at 400° for 15-17 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing to a wire rack.

Nutrition:

Calories – 109

Carbs – 23g

Fat – 1g

Protein – 3g

Potassium – 45mg

Sugars – 8.5g

Fiber – 2g

Sodium – 164mg

Cholesterol – 13mg

Calcium – 3.5%

Vitamin C – 15%

Vitamin A – 1%

Iron – 5%