

## ***Applesauce Oatmeal Muffins***

### Batter

1-1/2 cups oats	1/2 cup milk
1-1/4 cups flour	1/2 cup firmly packed brown sugar
3/4 teaspoon cinnamon	3 Tablespoons oil
1 teaspoon baking powder	1 egg white
3/4 tsp baking soda	
1 cup applesauce	

### Topping

1/4 cup oats  
1/8 teaspoon cinnamon  
1 Tablespoon firmly  
packed brown sugar  
1 Tablespoon margarine,  
melted

Heat oven to 400. Line 12 medium muffin cups with paper baking cups, or lightly oil muffin cups. Combine oats, flour, cinnamon, baking powder and soda. Add applesauce, milk, brown sugar, oil and egg white. Mix Just until dry ingredients are moistened. Fill muffin cups 2/3's full. Combine remaining topping ingredients. Sprinkle evenly over batter. Bake 20 to 22 minutes or until deep golden brown.

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**Nutrition Facts**

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Servings Per Recipe 12 muffins

Amount Per Muffin

Calories 181                      26% of total calories from fat

Total Fat 4g                      Sodium 8mg

\*Vitamin A 0%                      \*Vitamin C 0%

\*Calcium 25%                      \*Iron 6%

\*Percentage Daily Values

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
November 2002

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