



Applesauce Oatmeal Muffins

Batter

1-1/2 cups oats
1-1/4 cups flour
3/4 teaspoon cinnamon
1 teaspoon baking powder
3/4 tsp baking soda
1 cup applesauce

1/2 cup milk
1/2 cup firmly packed
brown sugar
3 Tablespoons oil
1 egg white

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

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
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Publication Number: FDNS-NE 759

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