

Applesauce Oatmeal Muffins with Blueberries

Source: makinghealthierdecisions.com

Ingredients

- 1/3 cup vegetable oil
- 1/2 cup brown sugar, lightly packed
- 1 egg
- 1 cup applesauce, unsweetened
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup frozen blueberries
- 1 cup quick-cooking oats

Directions

Preheat oven to 350 degrees. Mix together oil, brown sugar, applesauce and egg. In another bowl, combine dry ingredients (flours, oatmeal, cinnamon, baking powder, baking soda and salt), mix well. Combine dry and wet ingredients, by hand with a wooden spoon, just enough to blend. Batter should still be lumpy. Stir in frozen blueberries. Spoon into 12 muffin cups. Bake at 350 degrees for 25-30 minutes or until a toothpick inserted into the center comes out clean. Remove from oven and cool. Serving size 1 muffin. Recipe makes 12 muffins.

Nutrition Information

159 Calories, 7g Total Fat, 1g Sat Fat, 18mg Cholesterol, 152mg Sodium, 22g Carbs, 9g Sugars, 3g Protein