



BAKED OATMEAL MUFFINS

Makes 16 servings | Serving size: 1 muffin

PREP TIME
10 min

COOK TIME
30 min

TOTAL TIME
40 min

Oatmeal makes a delicious, healthy breakfast, but it's also high in calories. To help me watch my portions, I love making these individual muffins. Top with your favorite dried fruits, nuts, or chocolate chips.



Ingredients

- 2 eggs
- ¼ cup canola oil
- ¾ cup brown sugar, packed
- ½ cup unsweetened applesauce
- 1½ cups 1% milk
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- 2 tablespoons ground cinnamon
- 3 cups old fashioned oats (gluten-free, if needed)
- 2 teaspoons baking powder
- *Optional: your favorite toppings—fruit, nuts, or chocolate chips

Directions

1. Preheat oven to 350°F.
2. Whisk the eggs, oil, and brown sugar together in a large bowl.
3. Add applesauce, milk, vanilla, salt, and cinnamon. Stir until well combined.
4. Mix in the baking powder.
5. Stir in the oatmeal, one cup at a time.
6. Fill muffin tin with cupcake liners. Distribute ¼ cup batter into each cup.
7. Sprinkle with optional toppings, then press them down into the batter.
8. Bake for 30 minutes.
9. Store in an airtight container. (This is a great recipe to double and freeze so you're prepared for those rushed mornings.)

*My favorite combinations: pomegranates with pecan, blueberry, cranberry with walnuts, and coconut with almonds.