



Oat Applesauce Muffins

Jacob · 28/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 40 mins

Description

These hearty muffins will fill you up with fiber and flavor instead of fat

Ingredients

— - 1 cup rolled oats - 1 cup buttermilk - 1 cup whole wheat flour - 1 teaspoon baking powder - ½ teaspoon baking soda - ½ cup brown sugar - ½ cup applesauce - 1 egg

Instructions

1. Place oats in a small bowl
2. pour in buttermilk. Let sit for two hours at room temperature. Preheat oven to 375 degrees F (190 degrees C). Grease 12 muffin cups or line with paper muffin liners. In a large bowl
3. stir together whole wheat flour
4. baking powder
5. baking soda and brown sugar. Stir in oat/buttermilk mixture
6. applesauce and egg; mix well. Pour batter into prepared muffin cups. Bake in preheated oven for 30 minutes
7. until a toothpick inserted into center of muffin comes out clean.