

Oaty Applesauce Muffins

1 Regular Size Muffin = 2 units CARBS

Topping:

1/4 cup Raw Old Fashioned Oats

1/2 Tbsp. Firmly packed Splenda Brown-Sugar Blend

1 Tbsp. Smart Balance Butter, melted

1/8 tsp. ground cinnamon

Muffins:

1 1/2 cups Raw Old Fashioned Oats

3/4 cup All-purpose Flour

3/4 cup Whole Wheat Flour

1 tsp. baking powder

3/4 tsp. baking soda

3/4 tsp. ground cinnamon

1 cup "No Sugar Added" Applesauce

1/2 cup 2% Milk

1/4 cup Firmly packed Splenda Brown-Sugar Blend

3 Tbsp. Canola Oil

1/4 cup Egg Replacement

Directions:

Step 1: Pre-heat oven to 400°. Lightly spray 12 regular muffin-size cups with Canola Oil Spray.

Step 2: In a small bowl, combine all Topping Ingredients; mix well. Set aside.

Step 3: For muffins, combine oats and following dry ingredients through cinnamon in a large bowl; mix well.

Step 4: In a medium bowl, combine all wet ingredients; blend well.

Step 5: Add wet ingredients to dry ingredients all at once; stir just until dry ingredients are moistened; do not over-mix.

Step 6: Fill sprayed muffin cups almost full. Sprinkle with reserved topping, patting in gently.

Bake 20 - 22 minutes or until golden brown. Cool muffins in the pan on a wire rack 5 minutes. Remove from pan. Serve warm.

To store; cool completely before sealing in a zippie or a container.