

Apple Oatmeal Muffins

September 2025 Recipe

Makes: 6 servings



Ingredients

- ½ cup nonfat milk
- ⅓ cup unsweetened applesauce
- ½ cup all-purpose flour
- ½ cup quick-cooking oats (uncooked)
- 1 cup sugar
- ½ Tbsp. baking powder
- ½ tsp. ground cinnamon
- 1 tart apple (cored and chopped)

Nutritional information for 1 serving

Calories	218
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	132 mg
Carbohydrate	52 g
Dietary fiber	2 g
Total sugars	38 g
Added sugars included	32 g
Protein	3 g

Directions

1. Preheat oven to 400 F.
2. Place six cupcake holders in a baking tin.
3. In a mixing bowl, add the milk and apple-sauce. Stir until blended.
4. Stir in the flour, oats, sugar, baking powder and cinnamon. Mix until moistened.
5. Gently stir in the chopped apples.
6. Spoon into cupcake holders.
7. Bake for 15-20 minutes or until an inserted toothpick comes out clean.
8. Cool in pan for 5 minutes before serving. Store unused portions in an airtight container.