Applesauce Muffins

Amount ~ 18 muffins

Ingredients

- 3/4 cup unsweetened applesauce
- 2/3 cup honey and/or brown sugar
- 2 eggs
- 1/3 cup oil or melted butter
- 1 1/2 tsp vanilla extract
- 1 1/2 cup whole wheat flour
- 1/4 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp cinnamon
- 1/2 tsp allspice
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 3/4 cup oats
- 1 apple chopped into little pieces
- ~ 1/4 cup raisins

Steps

1. Preheat oven to 350 degrees.
2. Mix all wet ingredients in a big bowl.
3. Add all dry ingredients and stir until just combined. Batter will be a little lumpy.
4. Stir in apple and raisins.
5. Pour into muffin cups. Bake for 18-20 min or until toothpick comes out clean.

Notes

Swap out apple and raisins for other mix-ins like craisins or nuts.