

Applesauce Muffin



Licking Memorial Hospital | Culinary Services

Applesauce Muffin (makes 12 muffins)

Ingredients:

- 2 cups whole wheat flour
- 2/3 cup old-fashioned whole rolled oats
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/3 cups unsweetened applesauce
- 2 large eggs, at room temperature
- 1/3 cup vegetable oil
- 1/3 cup pure maple syrup
- 1/3 cup milk
- 1 teaspoon pure vanilla extract
- 3/4 cup golden raisins

Directions:

1. Preheat oven to 425°F.
2. Whisk flour, oats, cinnamon, baking soda, baking powder, and salt together in a large bowl until combined, then set aside.
3. In a medium bowl, whisk the applesauce, eggs, oil, maple syrup, milk, and vanilla together until combined.
4. Pour the wet ingredients into the dry ingredients, stir a few times, then add the raisins.
5. Fold ingredients together gently until just combined.
6. Spray muffin cups with non-stick spray and place into a 12-muffin pan.
7. Spoon the batter into the cups all the way to the top.
8. Bake for 5 minutes at 425 degrees. Then, keeping the muffins in the oven, reduce the temperature to 350 degrees, and bake for an additional 15 to 16 minutes or until a toothpick inserted in the center comes out clean. The total time in the oven is approximately 20 to 21 minutes.