

ONE HUNGRY MONSTER by Susan Heyboer O'Keefe

Applesauce Cinnamon Oat Muffins (Yield 10 Muffins)

Muffin Ingredients

- 1 ½ cups quick-cooking oats
- 1 ¼ cups all-purpose flour
- ½ cup brown sugar, packed
- 1 teaspoon baking powder
- ¾ teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon salt
- 1 cup unsweetened applesauce
- ½ cup fat-free milk
- 3 tablespoons vegetable oil
- 1 egg white

Topping Ingredients

- ¼ cup quick-cooking oats
- 1 tablespoon brown sugar
- ¼ teaspoon ground cinnamon
- 1 tablespoon butter, melted

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Directions

1. In a large bowl, combine the first seven ingredients. In another bowl, combine the applesauce, milk, oil, and egg white. Stir into dry ingredients just until moistened. Line muffin tin with 10 paper muffin cups. Fill muffin cups three-fourths full.
2. Combine topping ingredients; sprinkle over each muffin cup of batter.
3. Bake at 400 degrees for 16-18 minutes or until a toothpick comes out clean.
4. Cool for 10 minutes before removing to a wire rack.

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