

Applesauce Cinnamon Oat Muffins

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

Topping:

¼ cup quick-cooking oats
1 tablespoon brown sugar
1/8 teaspoon ground cinnamon
1 tablespoon butter, melted

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. Fill muffin cups coated with cooking spray three-fourths full.

Combine topping ingredients; sprinkle over batter. Bake at 400 degrees for 16 to 18 minutes or until a toothpick comes out clean. Cool for 10 minutes before removing to a wire rack.

Yield: 10 muffins.

Christopher Childress

Intermediate - Bread and Cereal