

Oatmeal Apple Muffins

Ingredients

1 tsp baking powder	¼ c unsweetened applesauce
1½ c old-fashioned oats	¼ c maple syrup
1 tsp cinnamon	½ tsp vanilla
⅛ tsp sea salt	½ c chopped peeled apple
¾ c almond milk	optional: ¼ c finely chopped toasted walnuts
1 egg	optional: 2 tsp coarse raw sugar (Turbinado)

Directions

Preheat oven to 350 and place 8 aluminum baking cups into a muffin tin. In a large bowl, whisk dry ingredients, baking powder through salt. In a measuring cup, combine wet ingredients, milk through vanilla; add to dry and stir to combine. Add apple and optional nuts then distribute the mixture evenly into the cups (I use a ¼ c scoop). Top with an optional sprinkling of sugar and bake for 24 minutes, until set. Store in the refrigerator for 5 days or in the freezer for a month or two.

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