

# Apple Muffins with Rolled Oats



## INGREDIENTS:

2 cups of whole wheat flour  
1 tsp of baking powder  
1 tsp of baking soda  
2 tsp of ground cinnamon  
½ tsp of salt  
2 large eggs  
¾ cup applesauce  
⅔ cup of pure maple syrup  
⅓ cup of melted butter  
1½ tsp of pure vanilla extract  
2 cups of grated apple  
1½ cups rolled oats  
1½ cups of milk

## INSTRUCTIONS:

1. Milk vanilla with milk. Soak rolled oats and grated apple in mixture for at least 20 minutes.
2. Preheat oven to 350° F.
3. Grease or line with paper cups a 12-muffin tin.
4. Place flour, baking powder, cinnamon, and baking soda into a large bowl and mix well.
5. Add apple sauce, maple syrup and butter into the soaked oats and mix well.
6. Combine wet ingredients into dry ingredients and gently mix.
7. Portion batter into muffin tin.
8. Bake for 25-30 minutes. Allow to cool for 5 minutes before taking out of the tray.

