



Oat Applesauce Muffins

Ingredients

- 2.1 oz Flour
- 0.7 oz Oats
- 1 TSP [Stevia](#)
- 1 TSP Baking Powder
- 1 TSP Cinnamon
- Pinch of Salt
- 1 large Egg
- 2 oz Fat Free Milk
- 1.5 oz Apple Sauce

Directions

1. Combine Dry ingredients & wet ingredients separate.
2. Then combine both but do not over mix.
3. Pour into non stick muffin tin & bake at 400 for 12-15 minutes until a tooth pick that is inserted comes out dry.