

Apple pie muffins



Recipe inspired by: [UnlockFood.ca](https://www.unlockfood.ca)™

What you need

- 3 cups oats
- 1-2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 ½ cups milk
- 2 eggs
- ½ cup apple sauce
- ¼ cup vegetable oil
- ¾ cup diced apple
- ¼ cup raisins
- Muffin cups or tins

Preparation (45 minutes):

1. In a large bowl combine oats, cinnamon, baking powder and salt
2. In another bowl whisk together milk, eggs, apple sauce and oil
3. Pour over oat mixture and stir to combine
4. Stir in apple and raisins
5. Divide among 12 lightly greased muffin tins
6. Bake in preheated oven at 350°F (180°C) for about 30 minutes

Servings: 12



Tip

These muffins are a great after school snack or a nut free snack for school lunches. High in fibre, they are heart healthy and nutritious.