**** **Cinnamon, Apple & Oat Muffins**

Ingredients:
1 ½ cups rolled oats

1 cup whole wheat flour

½ cup packed brown sugar

1 tbsp baking powder

2 tsp cinnamon

½ tsp baking soda

½ tsp salt

¾ cup applesauce

1 egg

¾ cup milk

⅓ cup oil

1 tsp vanilla

Directions:

1. Combine first 7 dry ingredients together in a large bowl. Mix well.
2. Combine remaining wet ingredients in separate bowl. Mix well.
3. Add wet ingredients to dry ingredients. Stir to moisten.
4. Spoon batter into greased muffin tins.
5. Bake @ 400⁰ 10-20 min depending on size.