

## APPLE RAISIN SPICE MUFFINS

### INGREDIENTS

1 ½ cups Coach's Oats®  
1 cup all purpose flour  
¾ cup packed brown sugar  
⅔ cup of raisins  
1 tsp. baking powder  
½ tsp. baking soda  
1 to 1 ½ tsp. ground cinnamon  
¼ tsp. ground nutmeg  
¾ cup chunky cinnamon applesauce  
1 ⅓ cups fat free or low fat milk  
2 egg whites or 1 whole egg  
2 Tbsp. vegetable oil



### PREPARATION

Preheat oven to 400°F. Line muffin pan with baking cups or lightly spray with non-stick cooking spray. Combine all dry ingredients in a large bowl and set aside. In a small bowl, combine applesauce, milk, eggs, oil and blend well. Add mixture to dry ingredients and stir together until dry ingredients are moistened (don't overmix).

Use ¼ cup of batter for each muffin. Bake for 18-20 minutes or until golden brown. Cool on wire rack for 5 minutes and serve warm.

Makes 12+ muffins.