Applesauce Oatmeal Muffins with Blueberries

Makes 12 servings. 1 muffin per serving.

Nutrition Information per serving: Calories 162, Total Fat 7 g, Saturated fat 1 g, Cholesterol 16 mg, Sodium 57 mg, Carbohydrates 22 g, Dietary Fiber 2 g, Protein 3 g

Prep time: 5 minutes  Cook time: 30 minutes

INGREDIENTS
- ⅓ cup canola oil
- ½ cup brown sugar, lightly packed
- 1 egg
- 1 cup applesauce, unsweetened
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ teaspoon cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ½ cup frozen blueberries, optional
- 1 cup quick-cooking oatmeal

PREPARATION
1. Preheat oven to 350°F.
2. Mix together oil, brown sugar, applesauce, and egg.
3. Combine dry ingredients (flours, oatmeal, cinnamon, baking powder, baking soda, and salt) in another bowl, mixing well.
4. Combine dry and wet ingredients, by hand with a wooden spoon, just enough to blend. Batter should still be lumpy.
5. Blend in frozen blueberries.
6. Spoon into 12 muffin cups.
7. Bake at 350°F for 25-30 minutes. Muffins are done when a toothpick inserted near the center comes out clean.
8. Remove from oven and cool.
9. Store muffins in a covered container or plastic storage bag to prevent them from drying out.