



Oatmeal Apple Breakfast Muffins

Makes 6 Muffins

Ingredients:

- 1 ½ cups old fashioned oats (not quick cooking)
- ½ teaspoon aluminum free baking powder
- ¼ teaspoon ground cinnamon
- Pinch of salt
- ½ cup coconut milk or almond milk or buttermilk
- 1 large egg, beaten
- 1 Tbsp pure maple syrup
- ¼ cup applesauce (prepared is fine but I used my homemade sugar free applesauce)
- 1 cup peeled, diced apple (mine was green but any tart apple type is good)
- 2 Tbsp dried tart cherries

Instructions:

Preheat the oven (I actually use my toaster oven) to 350 and spray or grease a 6-cup nonstick muffin tin. If you only have a 12 cup muffin tin and are only making 6 muffins, just put some water in the empty spaces so it bakes evenly.

In a medium bowl combine the oats, baking powder, pinch of salt, dried cherries, apples, cinnamon and salt and set aside.

In a large measuring cup (4 cups) combine milk or buttermilk, egg, maple syrup, and applesauce, and whisk well. Add this to the dry ingredients and stir well to combine. I usually let the mixture sit on the counter for a few minutes so the oatmeal soaks up more liquid. Stir again.

Using a large ice cream scoop, divide the raw mixture between the six cupcake holders. Place into the oven and bake for 25 minutes or until a toothpick comes out clean.

Let the muffins cool for five minutes then carefully transfer to a rack and cool completely. I often keep a few of these in the fridge for five days but they also keep well, once cooled, for up to a month in an airtight freezer container.

PS: You can substitute fresh apricots, peaches, or pears for the apples if you like.