

Apple Oatmeal Muffins

Yield: 12 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-oats-breakfast-recipe>

Ingredients:

- 1 1/4 cups whole wheat flour
- 1 1/4 cups oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cardamom
- 1/8 teaspoon ginger
- 1 cup unsweetened applesauce
- 1/2 cup light coconut milk with the juice of half a lemon, or low fat buttermilk
- 1/2 cup muscovado sugar packed, or brown sugar
- 2 tablespoons coconut oil melted, or vegetable/canola oil
- 1 large egg lightly beaten
- 1/2 teaspoon vanilla extract
- 2 gala apples small, chopped into small pieces
- turbinado raw sugar
- nutmeg

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 20 milligrams
4. Fat: 7 grams
5. Fiber: 5 grams
6. Protein: 5 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 160 milligrams
9. Sugar: 10 grams

Thank you for visiting our website. Hope you enjoy Apple Oatmeal Muffins above. You can see more 15 chinese oats breakfast recipe Unlock flavor sensations! to get more great cooking ideas.