

Cranberry Oat Muffins



Measure the dry ingredients: flour, oats, brown sugar, baking powder, baking soda and salt.



Measure the wet ingredients: cranberry sauce, milk, applesauce and one egg.



Add the wet ingredients to the dry ingredients. Mix and spoon batter into 12 muffin cups.

Preparation time: 10 minutes | **Cook time:** 20 minutes | **Cost:** \$2.50

Nutrition Facts	
12 servings per container	
Serving size	1 muffin (80g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 160mg	7%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 4g Added Sugars	8%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 179mg	15%
Iron 1mg	6%
Potassium 44mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

- 1 cup **all-purpose flour**
- 1 cup **oats**
- ¼ cup **brown sugar**
- 1 tablespoon **baking powder**
- ½ teaspoon **baking soda**
- ½ teaspoon **salt**
- 1 ½ cup **cranberry sauce**
- ½ cup **low-fat milk**
- ⅓ cup **applesauce**
- 1 **egg**

Directions:

1. Preheat oven to 400°.
2. Grease a 12-cup muffin tin with cooking spray or use muffin cups.
3. In a large bowl, add flour, oats, brown sugar, baking powder, baking soda and salt. Stir to mix the dry ingredients.
4. In another large bowl, add cranberry sauce, milk, applesauce and egg. Stir to mix the wet ingredients.
5. Add the wet ingredients to the dry ingredients. Mix until they are blended.
6. Spoon the batter into the muffin cups.
7. Bake for 20 minutes until the tops of the muffins spring back when you touch them.
8. Let cool for 5 minutes before serving.

Makes 12 servings

