



INGREDIENTS:

- 1 cup unsweetened apple sauce
- 1/3 cup vegetable oil
- 1 tsp vanilla
- 1 cup flour
- 2 tsp cinnamon
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup rolled oats



Morning Oat Muffins

HOW TO MAKE:

1. Preheat your oven to 350 degrees and prepare your muffin tin with cupcake liners.
2. Mix your apple sauce, oil, and vanilla in a bowl until well incorporated.
3. Assist your kiddo to shift the flour, baking soda, salt, and cinnamon into the wet mixture.
4. Add the oats to your mixture and stir.
5. Scoop your batter into your muffin tin. Portion based on the size of your tin. About 1/4 cup should work for most standard tins.
6. Bake for 30 minutes and allow them to cool before enjoying!

NOTES:

- If you're not using cupcake liners, you can lightly grease your muffin tin with butter instead, being careful not to add too much.
- When portioning your muffin batter, leave room at the top for your muffins to rise.
- You can brush muffins with a bit of butter for some added flavor or add in your kiddo's favorite mix-ins like chocolate chips or blueberries.
- Store in an airtight container for a few days, or freeze to enjoy later!