

Apple Oatmeal Muffins

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adapted from Denise at Dish with Dee on YouTube.

1 muffin – 1 FSP, 2 muffins – 2 FSP, 3 muffins – 2 FSP, 4 muffins – 3 FSP

- 1 cup quick cook oats
- 4 Tbsp 0 calorie brown sugar substitute ** (see note at the bottom)
- 1 Tbsp baking powder
- 1 Tbsp cinnamon
- 2 tsp nutmeg
- 4 eggs
- 2/3 cup unsweetened applesauce
- 1 Tbsp vanilla extract
- 1 cup apple, chopped

1. Preheat oven to 350
2. Combine all ingredients and mix well with an electric mixer for 1 minute.
3. Spray a regular size muffin pan with non stick spray. I do not recommend using paper liners – the muffins will stick to the liner.
4. Evenly distribute the batter between 12 muffin cups
5. Bake at 350 for 12-15 minutes or until a toothpick inserted in the center comes out clean. Do not over bake!

*** Splenda brown sugar blend and Truvia brown sugar blend have points depending on the quantity you use, so if you use those, use the recipe builder and check your final points. Lankano Golden, Swerve Brown Sugar and Surken Gold are zero point brown sugars. You can find those in my Amazon store at this link: <https://www.amazon.com/shop/joanspointedplate>

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