



Apple Cinnamon Blender Muffins



1/12th of recipe (1 muffin): 77 calories, 1g total fat (<0.5g sat. fat), 187mg sodium, 16g carbs, 1.5g fiber, 2.5g sugars, 5g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

2 cups old-fashioned oats
1 cup fat-free plain Greek yogurt
1/2 cup unsweetened applesauce
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/4 cup unsweetened vanilla almond milk
1/4 cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)
1 1/2 tsp. baking powder
1 tsp. vanilla extract
1 tsp. cinnamon
1/2 tsp. baking soda
1/4 tsp. salt
2/3 cup finely chopped Fuji or Gala apples (about 1 medium apple)

Directions

Preheat oven to 400 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

Pulse oats to the consistency of coarse flour in a blender.

Add all remaining ingredients *except* apple. Blend at high speed until completely smooth and uniform, stopping and stirring if needed.

Fold in 1/3 cup apple. Add batter to muffin pan, and smooth out the tops.

Sprinkle with remaining 1/3 cup apple, and lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, 16 - 18 minutes.

MAKES 12 SERVINGS

HG Heads-Up: Oats are naturally gluten free, but some companies warn they might contain gluten due to sharing equipment with gluten-containing grains. Check your labels if you avoid gluten for health reasons!

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