



## 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

**Green Plan [SmartPoints](#)**® value 2\*

**Blue Plan (Freestyle™) [SmartPoints](#)**® value 1\*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### 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!

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.