



Cranberry Apple Blender Muffins



1/12th of recipe (1 muffin): 105 calories, 2.5g total fat (0.5g sat fat), 181mg sodium, 20g carbs, 2g fiber, 5g sugars, 3g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 20 minutes



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 1/2 cups old-fashioned oats
1 cup unsweetened applesauce
1/2 cup all-purpose flour
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
1/4 cup light butter
2 1/2 tbsp. Truvia spoonable no-calorie sweetener (or another natural brand that's about twice as sweet as sugar)
1 1/2 tsp. baking powder
1 1/2 tsp. cinnamon
1 1/2 tsp. vanilla extract
1/2 tsp. baking soda
1/4 tsp. nutmeg
1/8 tsp. salt
2/3 cup finely chopped Fuji or Gala apple
1/3 cup sweetened dried cranberries, chopped

Directions

Preheat oven to 350 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 remaining ingredients *except* apple and cranberries. Blend until completely smooth and uniform, stopping and stirring if needed. (Do not over-blend.)

Add apple and half of the chopped cranberries. Gently stir. Transfer to the pan, and smooth out the tops.

Top with remaining cranberries, and lightly press to adhere. Bake until a toothpick inserted into the center of a muffin comes out clean, about 18 minutes.

MAKES 12 SERVINGS

[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.