



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

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



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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

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