



Cranberry White Chocolate Blender Muffins



Developed by Hungry Girl. Brought to you by [McCann's® Irish Oatmeal!](#)

1/12 of recipe (1 muffin): 117 calories, 3g total fat (1.5g sat. fat), 160mg sodium, 24.5g carbs, 1.5g fiber, 6.5g sugars, 3g protein

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

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Ingredients

- 1 1/2 cups [McCann's Quick Cooking Rolled Irish Oats](#)
- 1 cup unsweetened applesauce
- 1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute
- 1/2 cup all-purpose flour
- 1/3 cup natural no-calorie sweetener that measures like sugar
- 1/4 cup light butter
- 1 1/2 tsp. [Clabber Girl® Double Acting Baking Powder](#)
- 1 1/2 tsp. [Spice Islands® Pure Vanilla Extract](#)
- 1 tsp. [Spice Islands® Ground Saigon Cinnamon](#)
- 1/2 tsp. [Clabber Girl® Multi-Purpose Baking Soda](#)
- 1/8 tsp. salt
- 1/3 cup sweetened dried cranberries, chopped
- 3 tbsp. white chocolate chips, chopped

Directions

Preheat oven to 350°F. Line a 12-cup muffin pan with foil baking cups, and/or spray it with [Baker's Joy Nonstick Baking Spray](#).

Pulse oats to the consistency of coarse flour in a blender. Add all remaining ingredients except cranberries and white chocolate chips. Blend until smooth and uniform, stopping and stirring if needed. (Do not over-blend.)

Stir in half of the cranberries and half of the chips. Transfer to the pan, and smooth out the tops.

Top with remaining cranberries and chips. Bake until a toothpick inserted into the center of a muffin comes out clean, 18–20 minutes.

MAKES 12 SERVINGS

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