

## PUMPKIN OAT MUFFINS

**MAKES:** 24 muffins

### INGREDIENTS

- 1 can (15 oz) pumpkin puree
- 1 cup brown sugar
- 1/4 cup honey
- 1/4 cup oil
- 1/4 cup unsweetened applesauce
- 1/2 cup orange juice
- 1 teaspoon vanilla extract
- 4 eggs
- 2 teaspoons cinnamon
- 4 teaspoons baking powder
- 2 cups white flour
- 1 cup old-fashioned oats

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### DIRECTIONS

Preheat the oven to 375°F. Grease the muffin pans and set aside.

**Note:** You can also use muffin liners instead of greasing the pan.

In a large bowl, mix the ingredients in the order given until combined. Do not over mix. Fill muffin cups about 2/3 full. Bake for 15 to 20 minutes or until a toothpick or knife comes out clean. Enjoy!

### HEALTHY TIP

- Applesauce is a great substitute for oil or butter in cake or muffin recipes. To do this, substitute an equal measurement of applesauce for the amount of oil called for in the recipe. For example, use 1/4 cup of applesauce for 1/4 cup of oil.

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