

Applesauce Muffins

Servings: 12 muffins

Prep Time: 5 minutes

Cook Time: 20 minutes

Ingredients:

- 2 cups flour
- 3/4 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 egg, beaten
- 1 cup unsweetened applesauce
- 1/2 cup butter, melted

Directions:

1. Heat oven to 375 degrees.
2. Spray muffin tins with nonstick spray.
3. Mix flour, sugar, baking powder, cinnamon and salt in a bowl.
4. Mix in beaten egg, applesauce and melted butter (by hand, not a mixer).
5. Evenly scoop mixture into muffin pans.
6. Bake for 18-20 minutes. Test to see if toothpick comes out clean.

<http://www.food.com/recipe/easy-applesauce-muffins-389287>



Applesauce Oatmeal

Servings: 4

Prep Time: 10 minutes

Cook Time: 4 minutes

Ingredients:

- 1 cup quick oats
- 2 cups water
- 1 pinch salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1 teaspoon vanilla
- 1 Tablespoon brown sugar (packed)
- 3/4 cup applesauce

Directions:

1. Mix the water, oats, salt, cinnamon, ginger, and vanilla in medium sauce pan.
2. Bring to a boil and reduce heat to just above medium.
3. Continue boiling for 3 minutes.
4. Add sugar and stir.
5. Add applesauce and stir.
6. Scoop into bowls and add small amount of milk (do not stir).

<http://www.food.com/recipe/applesauce-oatmeal-17006>



Applesauce

Servings: 6

Prep Time: 10 minutes

Cook Time: 20 minutes

Ingredients:

- 6 apples, peeled and chopped
- 1/4 teaspoon cinnamon
- 1/2 cup water to cover bottom of pot

Directions:

1. Chop apples, the smaller the pieces of chopped apple the faster the cook time.
2. Place all of the ingredients in a pot on the stovetop and bring to a boil. Reduce heat to simmer and cover with a lid.
3. Simmer apples for about 20 minutes or until soft.
4. Remove the pot from the heat and mash with potato masher for chunkier applesauce, or put in a food processor or blender for smoother texture.

<http://www.kimshealtheats.com/easy-homemade-applesauce/>

