



Oatmeal Banana Applesauce Muffins

Ingredients

- 1 tsp cinnamon
- 1/2 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 1 1/2 cup all purpose flour
- 1 cup oats
- 3/4 cup brown sugar
- 1 tsp vanilla
- 1/2 cup unsweetened applesauce
- 3 bananas, mashed
- 1 egg

Suggested Supplies

- Mixing bowl
- Muffin tin
- Measuring cups
- Measuring spoons
- Mixing spoon
- Cooling rack

Directions

1. Wash hands with soap and warm water.
2. Preheat oven to 350 degrees. Lightly grease muffin tin.
3. Combine vanilla, applesauce, egg, bananas, and brown sugar. Mix well.
4. Add in salt, cinnamon, flour, baking soda, baking powder, and oatmeal. Mix until just combined.
5. Fill each muffin tin 2/3 of the way full with batter.
6. Bake for 18-20 minutes or until a toothpick comes out clean.

Serve with fresh fruit and a glass of milk for a complete, balanced breakfast.