

Applesauce Muffins- Makes 12 muffins

Topping

2/3 cup old-fashioned oats
1/4 cup brown sugar
(light or dark), firmly packed
1 teaspoons cinnamon
2 tablespoons trans-fat-free
soft tub margarine, melted

Preheat oven to 400*. Coat muffin pan with nonstick cooking spray or line with baking cups.

Topping: Stir dry ingredients together. Stir in margarine. Set aside.

Batter

1 1/2 cups all-purpose flour
1 cup old-fashioned oats
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1 cup unsweetened apple sauce
1/2 cup skim milk
1/2 cup butternut squash puree
-or- carrot puree
1/2 cup brown sugar (light or dark),
firmly packed
1/4 cup vegetable or canola oil
1 large egg

Batter: Combine flour, oats, baking powder, baking soda, and cinnamon together, stir and set aside. In a separate bowl, combine applesauce, milk, vegetable puree, brown sugar, oil, and egg together. Gradually stir in flour mixture. Stir until mixture is moistened. Do not overmix- batter is supposed to be lumpy. Divide batter among muffin cups and sprinkle with the topping. Bake until topping is lightly browned and a toothpick comes out clean when inserted into the center of the muffins; 18-20 minutes. Place muffins on a rack to cool. Enjoy warm or cool.

Butternut Squash Puree: Cut off the stem, split in half down the center, and scrape out seeds. Roast the halves on a cookie sheet with the flesh-side down at 400* for 45-50 minutes. Scoop out the flesh and blend in a food processor or blender for about 2 minutes.

Carrot Puree: Peel, trim the ends, and cut into 3-inch chunks. Steam carrots for about 10-12 minutes. Blend for about 2 minutes in a blender or food processor. Add water if needed for a smooth texture.