

Applesauce Muffin – Vegan – SOS

Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes

Serving Size: 12
Calories per serving: 149
Fat per serving: 1.4 grams

'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p-155.

Ingredients

- 1 cup oat flour (can be oatmeal ground in a blender or food processor)
- 1 cup rice flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 tablespoon cinnamon
- 1/4 teaspoon nutmeg
- 1 cup applesauce
- 3/4 cup apple juice
- 1/2 cup raisins
- 1 apple, peeled, cored, and diced
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Instructions

1. Preheat the oven to 350° F. Mix the dry ingredients in a large bowl.
2. In a separate bowl or a food processor, mix the applesauce and juice with a fork.
3. Slowly add the dry ingredients, and stir together until the dry ingredients are just moistened. Fold in the raisins and diced apple.
4. In a nonstick muffin tin, fill the cups to 2/3 full. Bake for 10-12 minutes. Cool and serve.

Notes

Nutrition facts (per serving): Calories: 149, from fat: 12, total fat: 1.4g, cholesterol: 0mg, sodium: 108mg, total carbohydrate: 24g, fiber: 2.8g, sugar: 10g, protein: 3.7g.