

Healthy Muffins – Vegan – SOS

Prep Time: 15 minutes
Cook Time: 35 minutes
Total Time: 50 minutes

Yield: 18 muffins
Serving Size: 18
Calories per serving: 154
Fat per serving: 1 gram

'The McDougall Quick and Easy Cookbook', by John A. McDougall & Mary McDougall, p-280.

Ingredients

- 1 1/2 cups hot water or apple juice
- 1 cup applesauce
- 1/2 cup honey
- 1/2 cup raisins
- 1 cup unbleached white flour
- 1 cup whole wheat flour
- 1 cup oat bran
- 2 cups oatmeal
- 1 1/2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon pumpkin pie spice
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Instructions

1. Preheat the oven to 350°.
2. Mix the hot water, applesauce, honey, and raisins together and let rest for 10 minutes.
3. Combine all the dry ingredients in a large bowl and mix well.
4. Add the wet ingredients to the dry and mix. Do not overbeat.
5. Pour into a nonstick muffin pan and bake for 35 minutes.
6. Let rest in the muffin pan for 5 minutes after removing from the oven to make them easier to remove from the muffin pan.

Notes

Nutrition facts (per serving – 1 muffin): Calories: 154, from fat: 8, total fat: 1g, cholesterol: 0mg, sodium: 82mg, total carbohydrate: 34g, fiber: 2g, sugar: 13g, protein: 3g.