



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM WITH BOBBY & CLAUDIA DEEN

OLLIE'S OAT MUFFINS

2 cups quick cooking oats, blended to powder

½ cup brown sugar

2 teaspoons baking powder

½ teaspoon baking soda

1 ¼ teaspoon cinnamon

½ teaspoon salt

1 cup unsweetened applesauce

½ cup melted coconut oil

2 eggs

1. Preheat oven to 350 degrees F. Prepare muffin tin with non-stick spray or use silicon baking cups.
2. Blend the oats into a powder. (Should look like flour). Remove oats from blender and reserve.
3. In blender, add unsweetened applesauce, melted coconut oil and eggs first. Then add the brown sugar, baking powder, baking soda, cinnamon, salt, and oats. Mix until well combined.
4. Spoon batter into prepared muffin cups, filling them $\frac{3}{4}$ full.
5. Bake in 350 degree F oven for 25 minutes or until lightly browned on top and wooden pick comes out clean.

Makes 12 muffins.