Applesauce Oatmeal Muffins

**Batter**
- 1-1/2 cups oats
- 1-1/4 cups flour
- 3/4 teaspoon cinnamon
- 1 teaspoon baking powder
- 3/4 tsp baking soda
- 1 cup applesauce

- 1/2 cup milk
- 1/2 cup firmly packed brown sugar
- 3 Tablespoons oil
- 1 egg white

Heat oven to 400. Line 12 medium muffin cups with paper baking cups, or lightly oil muffin cups. Combine oats, flour, cinnamon, baking powder and soda. Add applesauce, milk, brown sugar, oil and egg white. Mix just until dry ingredients are moistened. Fill muffin cups 2/3’s full. Combine remaining topping ingredients. Sprinkle evenly over batter. Bake 20 to 22 minutes or until deep golden brown.

**Topping**
- 1/4 cup oats
- 1/8 teaspoon cinnamon
- 1 Tablespoon firmly packed brown sugar
- 1 Tablespoon margarine, melted
Nutrition Facts

Servings Per Recipe 12 muffins
Amount Per Muffin

<table>
<thead>
<tr>
<th>Calories</th>
<th>181</th>
<th>26% of total calories from fat</th>
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</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>4g</td>
<td>Sodium 8mg</td>
</tr>
<tr>
<td>*Vitamin A</td>
<td>0%</td>
<td>*Vitamin C 0%</td>
</tr>
<tr>
<td>*Calcium</td>
<td>25%</td>
<td>*Iron 6%</td>
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*Percentage Daily Values