

Katie's Wholesome Pumpkin and Applesauce Muffins

Dry ingredients:

1 cup rolled oats, ground to coarse flour
1 cup white whole wheat flour
1 tsp baking soda
½ tsp baking powder
1 tsp cinnamon
½ tsp ground ginger
¼ tsp ground cloves
¼ tsp ground nutmeg
½ tsp salt

Wet ingredients:

1 can (15 oz.) pumpkin
⅓ cup unsweetened applesauce
1 egg
¼ cup yogurt
½ cup honey

½ - ¾ cup raisins



Preheat oven to 350°. Line two muffin tins with muffin or cupcake liners.

Whisk dry ingredients together in a large bowl.

Add wet ingredients to a medium-sized bowl and gently stir until ingredients are combined.

Add wet ingredients to dry ingredients and gently fold to combine.

If desired, fold in raisins.

Scoop by ¼ cup portions into lined muffin cups. Bake at 350° for approximately 20 minutes.

Makes 12-15 muffins.