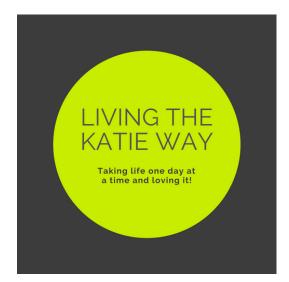
## Katie's Wholesome Pumpkin and Applesauce Muffins

Dry ingredients: 1 cup rolled oats, ground to coarse flour 1 cup white whole wheat flour 1 tsp baking soda <sup>1</sup>/<sub>2</sub> tsp baking powder 1 tsp cinnamon <sup>1</sup>/<sub>2</sub> tsp ground ginger <sup>1</sup>/<sub>4</sub> tsp ground cloves <sup>1</sup>/<sub>4</sub> tsp ground nutmeg <sup>1</sup>/<sub>2</sub> tsp salt

Wet ingredients: 1 can (15 oz.) pumpkin <sup>1</sup>/<sub>3</sub> cup unsweetened applesauce 1 egg <sup>1</sup>/<sub>4</sub> cup yogurt <sup>1</sup>/<sub>2</sub> cup honey



 $\frac{1}{2}$  -  $\frac{3}{4}$  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  $^{1\!\!/}_{4}$  cup portions into lined muffin cups. Bake at 350° for approximately 20 minutes.

Makes 12-15 muffins.