

LEMON-BLUEBERRY OATMEAL CAKES



INGREDIENTS

- 3 cups old-fashioned rolled oats
- 1 1/4 cups low-fat milk
- 1/2 cup unsweetened applesauce
- 1/2 cup packed light brown sugar
- 1 Tbsp grated lemon zest
- 1/4 cup lemon juice
- 2 large eggs, lightly beaten
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/2 tsp salt
- 1 cup frozen blueberries

DIRECTIONS

1. Preheat oven to 375°F. Coat a muffins tin with cooking spray.
2. Combine oats, milk, applesauce, brown sugar, lemon zest, lemon juice, eggs, baking powder, vanilla and salt in a large bowl.
3. Fold in frozen blueberries.
4. Divide the mixture among the prepared muffin cups.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Cool in pan for 10-15 minutes, then turn out onto a wire rack.
7. Serve warm or at room temperature.



Serves:
12

Serving Size:
1 muffin

Calories:
134

Recipe courtesy of eatingwell.com