

# Chocolate Chip Muffins



**Calories:** 274  
**Total Fat:** 11 g

12 servings | Serving size: 1 muffin

## INGREDIENTS

- 1 cup quick rolled oats
- 1 cup flour
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{3}{4}$  cup brown sugar
- 1 cup chocolate chips
- $\frac{3}{4}$  cup applesauce
- $\frac{1}{2}$  cup butter at room temperature
- 1 egg
- $\frac{1}{2}$  teaspoon cinnamon
- 1 teaspoon vanilla
- $\frac{1}{4}$  teaspoon salt

## DIRECTIONS

1. Preheat oven to 400°F.
2. Grease a muffin tin or line a muffin tin with baking cups.
3. In a medium mixing bowl, combine all of the dry ingredients and mix well (oats, flour, baking powder, baking soda, brown sugar, chocolate chips, cinnamon, salt).
4. In a separate mixing bowl, combine all of the wet ingredients and mix well (applesauce, butter, egg, vanilla).
5. Pour dry ingredients into the wet ingredients and mix until lumpy (you want lumps!).
6. Using a spoon or an ice cream scoop, put the batter into the greased/lined muffin tin.
7. Bake in the oven for 20 to 25 minutes.
8. Let cool for 5 minutes before removing from muffin tin.

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