Applesauce Raisin Muffins

Ten standard applesauce raisin muffins, one per snack portion · Active 25 min · Total 1 hr 5 min

Skills: Briefly hydrating rolled oats and portioning ten standard muffins without overmixing

Ingredients

- 1/2 cup plain old-fashioned rolled oats (40 g)
- 1/2 cup milk (120 ml)
- 3/4 cup plain unsweetened applesauce (180 g)
- 1 1/2 cups all-purpose flour (180 g)
- 2 teaspoons baking powder (8 g)
- 1/2 teaspoon ground cinnamon (1 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1 large egg
- 3 tablespoons plus 1 teaspoon sugar (40 g)
- 2 tablespoons neutral oil (30 ml), plus 1 teaspoon/5 ml for pan
- 1/3 cup raisins (60 g)

Set out

Twelve-cup standard muffin pan, each cup about 1/2 cup/120 ml, Two bowls and whisk, Broad spoon, Toothpick and cooling rack

Allergens

wheat, milk, egg. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C. Grease ten standard muffin cups with the pan oil. Stir oats, milk and applesauce together in one bowl and let stand for 5 minutes.

2. Whisk flour, baking powder, cinnamon and salt in the second bowl. Beat egg, sugar and the separate 2 tablespoons/30 ml oil into the oat mixture.

3. Fold wet ingredients into dry only until no dry flour remains, then fold raisins through. Divide all batter among ten cups, no more than three-quarters full.

4. Bake for 20–25 minutes until risen and a toothpick from a central muffin has no wet batter. Rest in the pan for 5 minutes, then move to the rack for at least 10 minutes before eating or packing.

Two empty spaces are intentional

Use ten cups of a twelve-cup pan. Do not squeeze all the batter into six oversized portions without changing the cooking method.

Ingredient labels

Flour supplies wheat, milk supplies milk and egg supplies egg. Oats may have wheat/barley cross-contact; check dried fruit for added ingredients or sulfites.

A useful detail

The 65-minute total includes the short oat stand, baking and cooling. Do not use mini or jumbo muffin cups and expect the same yield.

Keep it well

Refrigerate cooled muffins within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Freeze wrapped promptly cooled muffins for up to 2 months and thaw in the refrigerator. Discard moldy muffins rather than trimming only the visible patch.