

## Carrot Oat Bran Muffins



Applesauce adds moistness without fat to this healthy snack that's also gluten-free. With 6 grams of protein per serving, this is a baked treat that will satisfy. The muffin recipe is also quick to put together—it takes about 35 minutes, including baking time. If you happen to have leftovers, they freeze well for snacks on the go. Makes 12 muffins.

### Ingredients

- 1 cup oat bran, choose gluten-free variety if needed
- 1 cup powdered nonfat milk
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 tablespoons brown sugar or coconut sugar (alternative: artificial sweetener brown sugar blend)
- 3 large eggs, beaten (alternative: egg whites or egg substitute)
- 1/2 cup applesauce, no sugar added
- 1 cup grated carrots (about 2 large or 3 small)
- 1/4 cup raisins

### Directions

Preheat oven to 350°F. Prepare a 12-muffin tin by inserting paper liners or spraying lightly with cooking spray. In a large bowl, mix oat bran, powdered milk, baking powder, baking soda, cinnamon, and coconut sugar. In a separate bowl, mix eggs and applesauce, then stir in grated carrots and raisins. Pour into bowl of dry ingredients and mix well by hand. Divide batter among 12 muffin cups. Bake 20 minutes. Cool on a rack. Store in an airtight container. Leftover muffins can be frozen.

Made with brown sugar or coconut sugar, each muffin contains about 118 calories, 6 grams protein, 2 grams fat, 60 milligrams cholesterol, 20 grams carbohydrates, 3 grams fiber, and 201 milligrams sodium.

*Recipe adapted from Valley's Staywell Health Library, Healthy Recipes.*