

Apple Cinnamon Oatmeal Cakes

Apples and cinnamon are a staple of any delicious fall dish. These cakes are high in fiber, heart-healthy, and jam-packed with vitamins and minerals to keep you energized and moving throughout your day. So, grab some oats, let's chop up some apples, and create this simple, satisfying dish that will tickle your taste buds.

Yield: 12 servings

Serving Size: One cake

Ingredients:

- 3 cups old-fashioned rolled oats
- 1 ½ cups low-fat milk
- ¾ cup unsweetened applesauce
- ⅓ cup packed light brown sugar
- 2 large eggs, lightly beaten
- 1 tablespoon ground cinnamon
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- ⅔ cup, dried apples, finely chopped
- ¼ cup walnuts, finely chopped

Instructions:

1. Preheat oven to 375°F. Coat a muffin tin with cooking spray.
2. Combine oats, milk, applesauce, brown sugar, eggs, cinnamon, baking powder, vanilla, and salt in a large bowl. Fold in dried apples and walnuts.
3. Divide the mixture among the prepared muffin cups, about 1/3 cup each. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
4. Cool in the pan for 10 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

Per Serving: Calories 159 kcal, Carbohydrates 27 g, Protein 5 g, Sat Fat 1 g, Sodium 167 mg, Added Sugars 6 g

This recipe was taken from: <https://www.eatingwell.com/recipe/7964802/breakfast-apple-cinnamon-oatmeal-cakes/>

