



## Applesauce-Raisin Muffins

- 1 cup flour
- 1/2 cup oatmeal
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/3 cup sugar
- 1/3 cup vegetable oil
- 1 egg
- 3/4 cup applesauce
- 1/2 cup raisins
- 1/2 cup walnuts or pecans, chopped

*Carlene Mason*

Preheat oven to 375°. Combine flour, oatmeal, baking powder, salt, cinnamon, nutmeg, and sugar in a mixing bowl. Beat the oil, egg, and applesauce in another mixing bowl until blended. Stir egg-and-applesauce mixture into flour mixture, blend well. Stir in raisins and nuts. Pour batter into greased muffin tins, filled two-thirds full. Bake 15 to 20 minutes. *Yields 8 servings.*