

Oatmeal Muffins With Raisins and Walnuts

- 1 cup large flake oats
- 3/4 cup whole wheat flour
- 1/4 cup brown sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 cup unsweetened applesauce (egg substitute)
- 3/4 cup 10% cream (or coffee cream)
- 1/4 cup melted unsalted butter
- 1 tsp vanilla extract
- 1/2 cup raisins
- 1/2 cup chopped walnuts

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1. **Preheat** your oven to 375°F (190°C). Line or grease a muffin tin.
 2. In a large bowl, combine everything but the raisins and walnuts
 3. Add the raisins and walnuts.
 4. Spoon the batter into muffin cups (about 3/4 full).
 5. Bake for 16–20 minutes, or until a toothpick comes out clean.