

Applesauce Oatmeal Muffins – Healthy, Moist

Applesauce Oatmeal Muffins are the perfect blend of wholesome and delicious. They're moist, naturally sweetened with applesauce, and filled with the hearty goodness of oats. Whether you want a quick breakfast, a healthy snack, or a grab-and-go treat, these muffins check all the boxes. Using simple pantry ingredients, they bake up fluffy and tender in under 30 minutes, making them a family favorite recipe you'll return to again and again.

Why Applesauce Oatmeal Muffins Are So Good

Naturally Moist and Flavorful

The applesauce gives these muffins incredible moisture without needing loads of butter or oil. Along with oats, it provides natural sweetness and structure, creating a muffin that tastes indulgent yet feels nourishing. Cinnamon adds warmth and a comforting aroma, while oats add texture and fiber.

Simple and Wholesome Ingredients

Every ingredient serves a purpose in making these muffins healthy and satisfying. Flour and oats create a hearty base. Applesauce adds sweetness and moisture, reducing the need for fat. Milk, egg, and oil bind the muffins and give them fluffiness. A sprinkle of oats on top adds rustic appeal. Best of all, these are pantry-friendly ingredients you likely already have at home.

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- Author: [Aaron recipes](#)
- Total Time: [30 minutes](#)
- Yield: [12 muffins 1x](#)
- Diet: [Vegetarian](#)

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Description

These Applesauce Oatmeal Muffins are healthy, moist, and filled with oats and natural sweetness from applesauce. Perfect for breakfast, snacks, or meal prep.

Ingredients

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☐ 1 3/4 cups all-purpose flour 1 cup oats (old-fashioned or quick-cooking) 1/2 cup granulated sugar 1 1/2 teaspoons baking powder 1 teaspoon cinnamon 1/2 teaspoon baking soda 1/4 teaspoon salt 1 egg 1/2 cup milk 1/4 cup oil (canola or vegetable) 1 teaspoon vanilla extract 1 cup applesauce 1 tablespoon oats (optional, for topping)

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Instructions

1. Preheat oven to 375°F (190°C). Spray muffin tins with nonstick spray or line with paper liners. 2. In a large bowl, mix flour, oats, sugar, baking powder, cinnamon, baking soda, and salt until evenly distributed. 3. In a separate bowl, whisk together the egg, milk, oil, and vanilla until smooth. 4. Add the wet mixture to the dry ingredients. Stir in the applesauce until just combined. Do not overmix. 5. Fill muffin cups about two-thirds full. Sprinkle with oats if desired. 6. Bake for 18–20 minutes or until a toothpick inserted in the center comes out clean. 7. Cool muffins for 5 minutes in the tin, then transfer to a wire rack.

Notes

Use whole wheat flour for added nutrition. Make them dairy-free with almond or oat milk. Mix in raisins, cranberries, or nuts for variety. Store in an airtight container for 3 days or freeze up to 2 months.

- Prep Time: 10 minutes
- Cook Time: 20 minutes
- Category: Breakfast
- Method: Baking
- Cuisine: American

Nutrition

- **Serving Size:** 1 muffin
- **Calories:** 160
- **Sugar:** 9 g
- **Sodium:** 150 mg
- **Fat:** 5 g
- **Saturated Fat:** 1 g

- **Unsaturated Fat:** 3.5 g
- **Trans Fat:** 0 g
- **Carbohydrates:** 26 g
- **Fiber:** 2 g
- **Protein:** 3 g
- **Cholesterol:** 15 mg

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Ingredients and Substitutions

The Core Ingredients

- All-purpose flour provides structure, but you can swap half with whole wheat flour for added fiber.
- Oats give texture and heartiness. Quick oats make the muffins softer, while old-fashioned oats make them chewier.
- Granulated sugar balances sweetness. You can use coconut sugar or brown sugar for a deeper flavor.
- Baking powder and baking soda help the muffins rise and stay fluffy.
- Cinnamon adds warmth, while a pinch of salt balances flavors.
- Applesauce keeps the muffins moist while cutting down on fat.
- An egg helps bind everything together. For a vegan version, replace with a flax egg.
- Milk adds richness. Any plant-based milk works for dairy-free muffins.
- Oil contributes tenderness. You can use melted coconut oil or light olive oil as alternatives.
- Vanilla extract enhances flavor.

Toppings and Add-Ins

While these muffins are delicious plain, toppings and add-ins can make them extra special. Sprinkle oats on top before baking for a rustic finish. Add raisins, cranberries, walnuts, or chocolate chips to the batter for variety. A light drizzle of glaze can make them dessert-worthy.

Step-by-Step Preparation Guide

Step 1: Preheat and Prepare Muffin Tin

Start by preheating the oven to 375°F (190°C). Prepare your muffin tin by spraying with nonstick spray or lining with paper liners.

Step 2: Combine Dry Ingredients

In a large bowl, mix together flour, oats, sugar, baking powder, cinnamon, baking soda, and salt. Stir well to ensure everything is evenly distributed. This helps create a uniform batter.

Step 3: Mix Wet Ingredients

In another bowl, whisk together the egg, milk, oil, and vanilla extract until smooth. The mixture should look consistent and creamy.

Step 4: Combine Wet and Dry Ingredients

Pour the wet mixture into the bowl with the dry ingredients. Add applesauce and stir gently until just combined. Do not overmix, as this can make muffins dense. A few lumps are fine.

Step 5: Fill the Muffin Tins

Spoon the batter into the muffin tin, filling each cup about two-thirds full. For a finishing touch, sprinkle oats on top.

Step 6: Bake and Cool

Bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean. Let the muffins cool in the tin for 5 minutes before transferring to a wire rack.

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Storage and Make-Ahead Tips

Room Temperature and Freezing

Store muffins in an airtight container at room temperature for up to 3 days. For longer storage, freeze them in a sealed bag or container for up to 2 months. Reheat in the microwave for a few seconds before enjoying.

Meal Prep Friendly

These muffins are great for meal prep. Bake a batch at the start of the week and enjoy them for breakfast or snacks. Kids love them in lunchboxes, and adults can grab them on the way out the door.

Variations to Try

Healthier Swaps

- Replace half the flour with whole wheat flour for extra fiber.
- Use coconut sugar instead of granulated sugar for a lower-glycemic option.
- Add flaxseed or chia seeds for omega-3s and additional nutrition.

Flavor Twists

- Add a handful of raisins or cranberries for natural sweetness.
- Mix in chopped nuts for crunch.
- Sprinkle chocolate chips for a treat.

- Drizzle with maple glaze for a dessert-style muffin.

Variations of Applesauce Oatmeal Muffins

Whole Wheat Applesauce Muffins

For a heartier and more nutritious version, replace half or all of the all-purpose flour with whole wheat flour. This adds extra fiber and a nutty flavor. The muffins will be slightly denser but still moist thanks to the applesauce.

Apple Cinnamon Raisin Muffins

If you love classic apple-cinnamon flavors, fold in ½ cup of raisins or dried cranberries before baking. The chewy dried fruit complements the moist muffin texture and adds natural sweetness.

Nutty Crunch Muffins

Add ½ cup of chopped walnuts, pecans, or almonds to the batter for crunch and a boost of healthy fats. Sprinkle a few nuts on top before baking for a rustic, bakery-style finish.

Chocolate Chip Applesauce Muffins

For a kid-friendly twist, stir in ½ cup of mini chocolate chips. The combination of chocolate and cinnamon pairs beautifully with applesauce, creating a dessert-like muffin that still feels wholesome.

Dairy-Free Muffins

Make the recipe dairy-free by using almond milk, oat milk, or soy milk in place of dairy milk. Pair this with coconut oil instead of vegetable oil for a subtle tropical flavor.

Vegan Muffins

To make the recipe vegan, replace the egg with a flax egg (1 tablespoon ground flaxseed mixed with 3 tablespoons water). Combine with a plant-based milk and oil for moist and fluffy vegan-friendly muffins.

Glazed Muffins

If you'd like to serve these muffins as a sweeter treat, drizzle them with a simple glaze made of powdered sugar and milk once they've cooled. This transforms them into a dessert-style muffin while keeping the base recipe healthy and moist.

FAQs

Can I make these vegan?

Yes, substitute the egg with a flax egg and use plant-based milk.

How do I keep muffins moist?

Do not overmix the batter and be sure not to overbake. Applesauce naturally keeps them moist.

Can I use steel-cut oats?

No, steel-cut oats are too tough for muffins. Stick with old-fashioned or quick oats.

Can I freeze these muffins?

Yes, freeze them in an airtight bag for up to 2 months. Reheat before serving.

Can I reduce the sugar?

Yes, you can cut sugar to 1/3 cup or replace with honey or maple syrup, though it will slightly change the texture.

Conclusion

Applesauce Oatmeal Muffins are a wholesome, moist, and satisfying recipe that fits any occasion. They are quick to prepare, versatile with add-ins, and perfect for meal prep. With their soft texture, warm cinnamon flavor, and natural sweetness, they make an ideal breakfast, snack, or lunchbox treat. Once you try these muffins, they're sure to become a regular in your baking rotation.

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