

Wheat Free Applesauce Muffins

- (Wheat Free Applesauce Muffins)
- 3 Cups Oats
- 1 ½ Cups Oat Flour Or ½ Of This As Rice Flour
- 1 ¾ Tsp Cinnamon (Optional)
- 2 Tsp. Baking Powder
- 1 ½ Tsp Baking Soda
- 2 Cups Applesauce
- 1 Cup Rice Milk Or Pear Juice With 2 Tsp Vinegar
- 1 Cup Brown Sugar
- ½ Cup Vegetable Oil
- 2 Eggs
- Combine Dry Ingredients. Combine Wet Ingredients. Add Wet To Dry Stir Just Until Mixed. Add Fruit I.E. Raisins, If Desired.
- Bake In Oven At 330 Degrees (Convection) For 15 –17 Minutes. They Will Come Out Of Pan With A Knife. Be Gentle.
- Flash Freeze On Flat Sheet. Then Store Lying Flat In Zip-Lock Freezer Bag.
- .Makes 24 Muffins.