



Maple Brown Sugar Oat Muffins

This Recipe Was Made *SPECIFICALLY* For Folks On The Purple Plan

A few months back, my wife started following the WW Purple plan and I started meal prepping for her. For her morning commute I needed to replace her high point breakfast bars and store bought muffins, with low point, healthier alternatives. Aside from the toasted coconut oat bars I posted a few months ago, I recently started making oat muffins as well, for variety. My goal was to make them be 0 points (on Purple) for the entire batch, while still having a pleasing texture that didn't resemble horse feed.

Ingredients:

Dry ingredients:

- 1-1/2 cups old fashioned oats
- 1-1/2 cups quick oats
- 2 tsp baking powder
- 1/8 tsp salt
- 3/4 cup 0 point brown sugar replacement ***
- 1 tsp ground cinnamon
- 1-1/2 tsp all purpose flour (or gluten free flour)

Wet Ingredients:

- 2 medium bananas, ripe ***
- 3 large eggs
- 1-1/4 cup unsweetened applesauce
- 1/2 cup unsweetened plain or vanilla almond milk
- 2 tsp maple (or vanilla) extract ***

Serving Info.:

Yields: 12 muffins (ok, it really makes 12-13)
Servings: 12
Serving Size: 1 muffin

Points:

	G	B	P
1 serving =	3	2	0
2 servings =	5	4	0
3 servings =	8	7	0
4 servings =	11	9	0

Directions:

- 1 In a large mixing bowl, mix the "dry" ingredients till well combined.
- 2 Use an immersion or regular blender, to puree the 'wet' ingredients together. Add to the dry ingredients.
- 3 Stir together till well combined, then set aside for 20 minutes. Meanwhile, preheat oven to 350 degrees.
- 4 Spray a standard sized muffin pan with a nice coat of cooking spray. Fill each cavity up to the top brim with batter. Use any remaining batter to dollop on top of all the filled cavities, creating slight mounds.
- 5 Bake at 350 degrees for 30 minutes. Remove from oven and let rest for 5 minutes. Remove muffins from the pan and let cool on a wire rack. Done.

Notes:

- **SUGAR REPLACEMENTS:** I used 'Swerve' brand brown sugar replacement in place of regular brown sugar. You can also use Lakanto 'Golden' monkfruit brown sugar replacement, Surkin Gold, or any other brand of 0 point brown sugar replacement. However, you can also use regular 0 point sugar replacement if you wish. No need to get all fancy-nancy, if you're on a budget. Remember, when you use a 0 point sweetener for a recipe, make sure to purchase one that is a 1 to 1 replacement in recipes.
- **RIPE BANANAS:** Don't have ripe bananas? No worries. You can use regular, or, bake 2 bananas in-skin, for 20 minutes at 325 degrees, then let them cool to room temp.
- **OLD FASHIONED & QUICK OATS??:** I found that using the quick oats gives these a chewy mouth-feel, while the old fashioned oats give the traditional 'oat muffin' texture that you're used to. Also, if you are watching carbs/sugar and don't want to use a 2nd banana, just add an additional 1/3 cup of applesauce. Heck, you can even experiment with a batch or two and replace the bananas entirely with additional applesauce.

