

## Muffins

3 Cups all purpose flour

1 1/2 Cups rolled oats

2 Teaspoons baking powder

1 Teaspoon salt

4 eggs

1 Cup skim milk

4 Tablespoons oil

1 Cup honey

1 Cup applesauce

1 Cup pureed white beans

Or 1 Cup white bean flour and 2 tablespoons applesauce.

**Mix:** All ingredients together until moist. Spray muffin pans with non-stick spray and fill 2/3 full.

**Bake:** For 15-20 minutes at 375° .

Makes 2 dozen muffins.

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