

Grapefruit Oatnut Muffins

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Ingredients

- 1¼ cups all-purpose flour
- 1 cup oats
- 1 cup walnuts, chopped
- ½ cup brown sugar
- 1 Tbsp. baking powder
- 1 tsp. ground ginger
- zest of 1 grapefruit, grated
- 1 cup grapefruit juice, strained
- ¼ cup unsweetened applesauce
- 2 large eggs
- decorating sugar (optional)



Directions

1. Preheat your oven to 500°F. Line muffin tins with cupcake wrappers and grease the wrappers.
2. In a medium bowl, stir together the flour, oats, walnuts, brown sugar, baking powder, ginger, and grapefruit zest. Break up any large clumps of brown sugar.
3. In a separate bowl, beat together the grapefruit juice, applesauce, and eggs until smooth.
4. Pour the wet ingredients into the dry ingredients and stir just until all dry ingredients are moistened (about 20 seconds). Leave batter slightly lumpy.
5. Divide the batter evenly between muffin tins (should make 12-18 depending on size), filling each cup ¾ full. Sprinkle the tops of the muffins with decorating sugar if desired and put the tins in the oven. Immediately lower the temperature to 400°F and bake the muffins for 15-20 minutes, until a toothpick inserted in the center comes out clean and the tops spring back when lightly pressed.
6. Remove the muffins from the tins when they are cool enough to handle and cool them completely on a cooling rack. Serve immediately, or store in an airtight container.