



Chewy Muffin Squares

24 servings

20 minutes

Ingredients

- 2 cups Whole Wheat Flour
- 2 cups Quick Oats
- 2 tsps Cinnamon
- 2 tsps Baking Powder
- 1 tsp Baking Soda
- 1 tsp Sea Salt (Kosher salt)
- 1 cup Unsweetened Applesauce
- 1 cup Honey
- 2 Egg
- 2/3 cup Oil
- 2 tsps Vanilla
- 1 cup Dark Chocolate Chips

Directions

- 1 Preheat oven to 350F . Line a baking sheet with parchment paper
- 2 In a bowl, combine flour, oats, cinnamon, baking powder, baking soda and salt. Add applesauce, honey, eggs, oil and vanilla. Mix well, stir in chocolate chips.
- 3 Pour the batter onto baking sheet;; bake for 12-15 minutes , until the top is just set.

Nutrition

Amount per serving	
Calories	228
Fat	11g
Carbs	30g
Fiber	2g
Sugar	17g
Protein	3g
Cholesterol	16mg
Sodium	198mg
Potassium	39mg
Calcium	38mg
Iron	1mg
Vitamin B12	0µg
Magnesium	10mg
Zinc	0mg