

OATMEAL RAISIN MUFFINS



Makes 12 servings
Serving Size: 1 muffin

Ingredients

- Non-stick cooking spray
- 1 1/2 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/3 cup sugar
- 1/2 teaspoon cinnamon
- 1 cup uncooked rolled oats
- 1/2 cup raisins
- 1 egg
- 1 cup skim milk
- 1/3 cup applesauce

Directions

1. Preheat oven to 400° F.
2. Lightly spray muffin tin with non-stick cooking spray (or use paper liners).
3. In a large bowl, sift (or mix) together flour, baking powder, salt, and sugar, and cinnamon.
4. Stir in the rolled oats and raisins.
5. In a separate bowl, beat together egg and milk.
6. Add applesauce to milk mixture.
7. Pour milk mixture into flour mixture, and stir only until dry ingredients are wet. Batter will be lumpy.
8. Fill muffin cups 2/3 full of batter.
9. Bake at 400° F for 20-25 minutes.

Nutrition information Per Serving

140 calories	Protein	4 g	Dietary Fiber	2 g	
Total Fat	1 g	Total Carbohydrate	29 g	Sodium	312 mg
Saturated Fat	0 g				



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