

Eat Smart • Move More

Oatmeal Raisin Muffins

Prep Time: 10 minutes

Total Time: 40 minutes



Ingredients

Nonstick cooking spray
¾ cup all purpose flour
¾ cup whole-wheat flour
1 tablespoon baking powder
1 teaspoon salt
⅓ cup sugar
½ teaspoon ground cinnamon
1 cup old fashioned oats
½ cup raisins
1 cup 1% milk
1 egg
⅓ cup unsweetened applesauce

Nutrition Facts

12 servings per container	
Serving size	1 serving
	(72.97g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 300mg	13%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 6g of Added Sugars	12%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 2mg	8%
Potassium 178mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oven to 400°F. Lightly spray muffin tin with nonstick cooking spray or use paper liners.
- In a mixing bowl, combine flour, baking powder, salt, sugar, and cinnamon. Stir in rolled oats and raisins.
- In a separate bowl, beat together milk and egg. Add applesauce to milk mixture.
- Pour wet ingredients into dry ingredients and stir only until dry ingredients are wet. Batter will be lumpy. Fill muffin cups ⅔ full of batter.
- Bake at 400°F for 20-25 minutes.

Quick Tips

- ▶ Great as a breakfast or snack on-the-go!
- ▶ Offer to kids for a healthy afterschool snack.
- ▶ Applesauce can be used as a substitute for oil when baking. Use a 1:1 ratio, for example, ¼ cup oil to ¼ cup applesauce.

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(Recipe adapted from: <https://whatscooking.fns.usda.gov/>.)

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