

Eat Smart • Move More

Muffins de Avena y Uvas Pasa

Tiempo de Preparación: 10 minutos

Tiempo Total: 40 minutos



Ingredientes

- Aerosol antiadherente para cocinar
- ¾ taza de harina integral
- ¾ taza de harina común
- 1 cucharada de polvo de hornear
- 1 cucharadita de sal
- 1/3 taza de azúcar
- ½ cucharadita de canela
- 1 taza de avena arrollada
- ½ taza de uvas pasa
- 1 huevo grande
- 1 taza de leche desnatada
- 1/3 taza de puré de manzana

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.

Consejos Rápidos

- ▶ ¡Ideal para un desayuno para llevar!
- ▶ Ofrecer a los niños como una colación saludable luego de la escuela.

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Preparación

- Precalentar el horno a 400°F. Rociar ligeramente los moldes para muffins con aerosol antiadherente para cocinar o forrar con papel.
- En un bol grande, mezclar la harina, el polvo de hornear, la sal, el azúcar y la canela. Incorporar la avena arrollada y las uvas pasa.
- En un bol aparte, batir el huevo y la leche. Agregar el puré de manzana a la mezcla de la leche.
- Volcar la mezcla de la leche a la mezcla de harina y revolver hasta que los ingredientes secos estén húmedos. La masa va a estar grumosa. Llenar con la mezcla los moldes a 2/3 de su capacidad.
- Hornear a 400°F durante 20-25 minutos.

(Receta adaptada de: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/oatmeal-raisin-muffins>)

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