



OATMEAL RAISIN MUFFINS

Serve these extra-moist muffins with fruit and yogurt or milk for a great quick breakfast. They are also delicious in a packed lunch.

1 cup	rolled oats	250 mL
1 cup	buttermilk (or 1 cup milk mixed with 2 tsp/10 mL vinegar)	250 mL
1 cup	all-purpose flour (or half whole-wheat flour and half all-purpose flour)	250 mL
1 tbsp	natural bran	15 mL
1 tsp	cinnamon	5 mL
1 tsp	baking powder	5 mL
$\frac{1}{2}$ tsp	baking soda	2 mL
$\frac{1}{2}$ tsp	salt	2 mL
$\frac{1}{2}$ cup	raisins or chopped apricots	125 mL
$\frac{1}{2}$ cup	vegetable oil	125 mL
$\frac{1}{2}$ cup	packed brown sugar	125 mL
1	egg, lightly beaten	1

Stir rolled oats into buttermilk and let stand for 10 minutes.

Mix together flour, bran, cinnamon, baking powder, baking soda, salt and raisins. Stir oil, sugar and egg into buttermilk mixture; blend well. Stir dry ingredients into buttermilk mixture, stirring just until combined.

Spoon batter into paper-lined or nonstick muffin tins. Bake in 375°F/180°C oven for 20 to 25 minutes or until firm to the touch. Makes 12 muffins.

Calories per muffin: 160

Grams fat per muffin: 9