

Morning Muffins

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

Non-stick cooking spray
 1 **egg**
 1 cup low-fat **milk** (1%)
 1/3 cup **sugar**
 2 tablespoons vegetable **oil**
 1/2 cup grated **carrots**
 1/2 cup **raisins**
 1/2 cup toasted **walnuts** (optional)
 1 teaspoon **vanilla** (optional)
 1 1/2 cup **flour**
 1 cup old-fashioned **oatmeal**
 1 teaspoon **cinnamon** (optional)
 1 teaspoon **baking powder**
 1/2 teaspoon **baking soda**
 1/2 teaspoon **salt**

Directions:

1. Heat oven to 400 degrees.
2. Coat muffin tin with non-stick cooking spray.
3. Mix egg, milk, sugar, oil, carrots, raisins, walnuts, and vanilla.
4. Mix flour, oatmeal, cinnamon, baking powder, baking soda, and salt.
5. Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups about 3/4 full.
6. Bake for 15 minutes or until edges start to brown.

Tips:

- Morning Muffins freeze well, and thaw quickly.

Nutrition Facts	
Serving Size 1 muffin (72g)	
Servings Per Container 12	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 210mg	9%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 5g	
Vitamin A 15%	• Vitamin C 0%
Calcium 6%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

12 muffins, 1 per serving

Source: 2006. Glenda Hyde, OSU Extension Service, Deschutes County. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)