

Sauerkraut and Cream Muffins

This recipe contains whole grains. Making half your grains whole may help protect you against many chronic diseases.

Ingredients:

- 1 cup all-purpose **flour**
- 3/4 cup **oatmeal**
- 1 teaspoon **baking powder**
- 1 teaspoon **baking soda**
- 2 tablespoons packed **brown sugar**
- 1/3 cup rinsed, drained **sauerkraut**, blotted dry
- 1/3 cup chopped **walnuts**
- 1/4 cup **raisins**
- 1 cup fat-free **sour cream**
- 1 **egg**, beaten
- 1 teaspoon **cinnamon**

Directions:

1. Combine all dry ingredients in a medium bowl and mix well.
2. Stir in sauerkraut, walnuts, and raisins.
3. Mix sour cream and egg into flour dry mixture, and stir until just moistened.
4. Spoon into muffin tins sprayed with cooking spray, or muffin tins lined with papers.
5. Bake in a 400 degree oven for 25-30 minutes, or until lightly browned.

Nutrition Facts			
Serving Size 1 muffin (76g)			
Servings Per Container 12			
Amount Per Serving			
Calories 110	Calories from Fat 25		
% Daily Value*			
Total Fat 3g			5%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 20mg			7%
Sodium 210mg			9%
Total Carbohydrate 19g			6%
Dietary Fiber 1g			4%
Sugars 3g			
Protein 3g			
Vitamin A 2%		Vitamin C 2%	
Calcium 4%		Iron 6%	
*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 servings,
1 muffin each**

Bright Ideas:

Source: Beth Quist, OFNP Program Assistant, Tillamook County, OSU Extension Office.
For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>