RECIPE OF THE MONTH
JULY 2010

Oatmeal Fruit Muffins

By American Heart Association

Serves 12

Ingredients

- Vegetable oil spray
- 1 cup all-purpose flour
- 3/4 cup uncooked quick-cooking or regular rolled oats
- 1/3 cup toasted wheat germ
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/8 teaspoon salt
- 3/4 cup fat-free milk
- 1/2 cup firmly packed light brown sugar
- Egg substitute equivalent to 1 egg, or 1 egg
- 1/4 cup unsweetened applesauce
- 1/2 teaspoon vanilla extract
- 1/2 cup snipped dried figs or apricots

Directions

Preheat the oven to 400°F. Line a 12-cup muffin pan with paper bake cups or lightly spray with vegetable oil spray. In a medium bowl, combine the flour, oats, wheat germ, baking powder, cinnamon, baking soda, and salt. Make a well in the center. In another medium bowl, stir together the remaining ingredients except the figs. Stir the liquid mixture into the dry mixture until just moistened (batter should be lumpy). Fold in the figs. Spoon the batter into the muffin cups, using about 1/4 cup batter for each cup. Bake for 10 to 12 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool on a wire rack for 5 minutes. Remove the muffins from the bake cups. Serve warm or at room temperature.

Nutritional Information

- Calories: 133
- Total Fat: 1 g
- Saturated Fat: 0
- Trans Fat: 0
- Polyunsaturated Fat: .5g
- Monounsaturated Fat: 0
- Cholesterol: 0
- Sodium: 165 mg
- Carbohydrates: 28g
- Fiber: 2g
- Sugar: 14g
- Protein: 4g

Source: American Heart Assoc.

Please send us your healthy recipes! We’d like to feature what Wellness Warriors are eating!

Send to:

wellness.wayne.edu