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Oatmeal Muffins

Ingredients:

- ¾ cup whole-wheat flour
- ¾ cup white flour
- 1 cup uncooked oatmeal
- 1 Tablespoon baking powder
- 3 Tablespoons sugar
- ¼ teaspoon salt
- 1 egg
- 1 cup 1% milk
- 3 Tablespoons oil
- vegetable oil spray

Makes 12 serving - 32% calories from fat

Instructions:

1. Preheat oven to 400° F. Grease muffin pan with spray, add flour to coat, set pan aside.
2. Combine flours, oatmeal, baking powder, sugar, and salt. Mix well.
3. In a separate bowl, beat the egg. Add milk and oil. Stir well.
4. Add liquid mixture to flour mixture. Stir until just blended; batter should be a little lumpy.
5. Pour into muffin pan. Bake 15 to 20 minutes or until muffins spring back when touched.

Nutrition Facts	
Serving Size 1 muffin	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 200mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 6%	• 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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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