

# Oatmeal Muffins

**Makes:** 12 Servings

Try these oatmeal muffins prepared with low-fat bakery mix. Prepared low-fat bakery mix can also be used as a crust topping for casseroles, fruit crisps, or other baked dishes.

## Ingredients

- 1 cup** low-fat bakery mix
- 1/2 cup** crushed corn or oat cereal
- 1 1/2 cups** oats
- 1/2 cup** sugar
- 2 teaspoons** cinnamon
- 1 egg
- 2 tablespoons** vegetable oil
- 2 tablespoons** applesauce
- 1/2 cup** fat-free milk
- nonstick cooking spray

## Directions

1. Preheat oven to 375 degrees F. Coat a muffin pan with nonstick cooking spray.
2. In a large bowl, add bakery mix, cereal, oats, sugar, and cinnamon in a small bowl and mix.
3. Stir in egg, oil, applesauce, and milk until lightly mixed (batter will be lumpy).
4. Spoon batter into muffin cups.
5. Bake for 20 to 25 minutes or until muffins are browned.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>140</b>	
Total Fat	4 g	
Protein	3 g	
Carbohydrates	24 g	
Dietary Fiber	2 g	
Saturated Fat	0.5 g	
Sodium	150 mg	