

Oatmeal Raisin Muffins

Rating: ★★☆☆

Makes: 12 servings

Ingredients

- 1 egg
- 1 cup milk
- 1/3 cup oil
- 1 1/4 cups flour
- 1 cup oatmeal
- 1/3 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 cup raisins
- margarine or butter (to grease the muffin cups)

Directions

1. Preheat the oven to 400 degrees.
2. Put the egg, milk, and oil in a small mixing bowl. Slowly stir them together.
3. In a large mixing bowl, mix the flour, oatmeal, sugar, baking powder, salt and raisins. Stir until they are mixed.
4. Pour the egg-milk-oil mix into the large bowl with the dry ingredients.
5. Stir until the dry ingredients are barely moistened. Do not over-mix (the batter should be lumpy).
6. Grease each cup in the muffin pans with some margarine or butter.
7. Spoon the batter into the cups in each muffin pan, until each cup is half-full with batter.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	180	
Total Fat	7 g	11%
Protein	4 g	
Carbohydrates	27 g	9%
Dietary Fiber	1 g	4%
Saturated Fat	1 g	5%
Sodium	330 mg	14%

8. Bake for 20 to 25 minutes, or until the muffins are golden brown.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes