



Oatmeal Raisin Muffins

Prep Time: 10 minutes

Cook Time: 25 Minutes

Cost per serving: \$0.18

What you need:

Utensils:

- Measuring cups & spoons
- Large mixing bowl
- Medium mixing bowl
- Muffin tin (12 muffins)
- Mixing spoon

Ingredients:

- 1¼ cup all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 cup uncooked oatmeal
- 1 cup skim milk
- ⅓ cup brown sugar, packed
- 1 egg
- ¼ cup vegetable oil
- ⅓ cup unsweetened apple sauce
- 1¼ cup raisins

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 350°F.
3. Mix flour, oatmeal, baking powder, baking soda, salt and cinnamon in a large bowl.
4. In medium mixing bowl, combine milk, sugar, egg, oil, applesauce and raisins
5. Stir the two mixtures together in the large mixing bowl until ingredients are moist. Do not over stir or muffins will be flat.
6. Spoon the mixture into a greased muffin tin until it is ⅔ full.
7. Bake the muffins at 350°F for 25 minutes or until a toothpick inserted into a muffin comes out clean.



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040

Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Nutrition Facts

Serving Size 1 muffin	
Servings Per Container 12	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 20g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 15%	Iron 8%