



A Nutrition Resource

BAKED OATMEAL MUFFINS

Yield: 6 Servings | Serving Size: 2 muffins
Cost/Serving: \$0.26

Ingredients:

2 1/4 cups water
2 1/2 cups oats (quick cooking or old fashioned)
2 eggs
4 Tablespoons brown sugar, divided
2 Tablespoons oil (canola or vegetable)
1 teaspoons baking powder
2 teaspoons ground cinnamon, divided
1/4 cup nonfat milk
1 medium apple, finely chopped
1/4 cup dried fruit (raisins, cranberries, cherries)
Cooking spray

Directions:

- 1) Preheat oven to 350 °F.
- 2) In a saucepan, bring water to a boil. Add oats and boil for one minute. Remove from heat and let stand five minutes.
- 3) In a mixing bowl, beat these together with a fork: eggs, 3 Tablespoon brown sugar, oil, baking powder, 1 teaspoon ground cinnamon, and milk.
- 4) Stir in oatmeal, apples, and dried fruit.
- 5) In a small bowl, stir together the remaining 1 Tablespoon of brown sugar and 1 teaspoon cinnamon.
- 6) Lightly coat a muffin tin with cooking spray. Divide oatmeal mixture into 12 muffins. Sprinkle cinnamon sugar mixture on top of the muffins.

Nutrition Facts

6 servings per container
Serving size 2 muffins (198g)

Amount per serving	
Calories	260
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 120mg	5%
Total Carbohydrate 42g	15%
Dietary Fiber 5g	18%
Total Sugars 17g	
Includes 8g Added Sugars	16%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 249mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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- 7) Bake for 30 minutes until the center is set and the top is lightly browned. Let muffins sit for 5 minutes before serving.
- 8) Store leftovers in an airtight container in the refrigerator or freezer.

*This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the *Spend Smart. Eat Smart.* website. <http://tinyurl.com/c59523>*

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