



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.

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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- 6) Lightly coat a muffin tin with cooking spray. Divide oatmeal mixture into 12 muffins. Sprinkle cinnamon sugar mixture on top of the muffins.
- 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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