

Nutrition Education

Cran-Apple Oat Muffins

1 cup buttermilk 1 cup quick cooking rolled oats 1/2 cup grated peeled apple 1/4 cup packed brown sugar 1/4 cup canola oil 1 egg, lightly beaten grated rind of 1 lemon	1 cup whole wheat flour 1/4 cup brown sugar 1 tablespoon baking powder 1 teaspoon salt 1/2 teaspoon baking soda 1 cup dried cranberries
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Preheat oven to 400 degrees.

Lightly grease muffin pan. Pour buttermilk over oats; stir to combine. Let stand for 10 minutes.

Mix together apples, the first 1/4 c. brown sugar, oil, egg and lemon rind. Stir into oat mixture.

Sift together flour, the next 1/4 c. brown sugar, baking powder, salt and baking soda; stir into batter just until moistened. Gently stir in cranberries. Spoon into prepared pan.

Bake for 20 to 25 minutes or until tops are firm to the touch. Remove muffins from cups while hot. Makes 12

