

MARCH IS NATIONAL NUTRITION MONTH

Celebrate National Nutrition Month by baking or cooking with a child! These sweet and healthy muffins recipes are great ones to make with a child. Children love to measure, pour, crack and mix the ingredients. Make a double batch and freeze the extra muffins for an easy breakfast or snack on a busy day.

Oatmeal Berry Muffins

Ingredients:

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| 1 1/3 c. whole wheat flour | 1 c. skim milk |
| 1 c. rolled oats | 1 egg, beaten |
| 1/4 c. brown sugar | 3 tbsp. vegetable oil |
| 1 tbsp. baking powder | 1 1/4 c. blueberries |
| 1/2 tsp. cinnamon | 3/4 c. raspberries |

Directions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Spray 12 muffin cups with non-stick cooking spray.
3. Combine flour, oats, brown sugar, baking powder, and cinnamon in a mixing bowl.
4. Fold in berries.
5. Spoon the mixture into the muffin cups, approximately 2/3 full.
6. Bake for 25 to 30 minutes or until light golden brown.
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Blueberry Banana Muffins

Ingredients:

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| 2 eggs | 3 bananas, mashed |
| 1/2 cup unsweetened applesauce | 2 cups whole wheat flour |
| 1/4 cup vegetable oil | 1 teaspoon baking soda |
| 3/4 cup packed brown sugar | 3 t. ground cinnamon |
| 1 teaspoon vanilla extract | 1 cup fresh or frozen blueberries |

Directions:

1. Preheat the oven to 375 degrees F (190 degrees C). Grease 12 large muffin cups, or line with paper liners.
2. In a large bowl, whisk together the eggs, applesauce, oil, brown sugar, vanilla and bananas. Combine the flour, baking soda and cinnamon; Stir into the banana mixture until moistened. Stir in the blueberries until evenly distributed. Spoon batter into muffin cups until completely filled.
3. Bake for 20 minutes in the preheated oven, or until the tops of the muffins spring back when pressed lightly. Cool before removing from the muffin tins.

