

MARCH IS NATIONAL NUTRITION MONTH

Celebrate National Nutrition Month by baking or cooking with a child! This simple recipe is a great one to make with a young child. Children love to measure, pour, crack and mix the ingredients. You both will enjoy eating the results.

Oatmeal Berry Muffins

Ingredients:

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

Directions:

1. Preheat the oven to 425 degrees Fahrenheit.
2. Spray 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.

Yield: 12 muffins

