Morning Muffins

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

Non-stick cooking spray
1 egg
1 cup low-fat milk (1%)
1/3 cup sugar
2 tablespoons vegetable oil
1/2 cup grated carrots
1/2 cup raisins
1/2 cup toasted walnuts (optional)
1 teaspoon vanilla (optional)
1 1/2 cup flour
1 cup old-fashioned oatmeal
1 teaspoon cinnamon (optional)
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Directions:

1. Heat oven to 400 degrees.
2. Coat muffin tin with non-stick cooking spray.
3. Mix egg, milk, sugar, oil, carrots, raisins, walnuts, and vanilla.
4. Mix flour, oatmeal, cinnamon, baking powder, baking soda, and salt.
5. Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups about 3/4 full.
6. Bake for 15 minutes or until edges start to brown.

Tips:

• Morning Muffins freeze well, and thaw quickly.

Nutrition Facts

Serving Size 1 muffin (72g)  Servings Per Container 12

Amount Per Serving

Calories 200  Calories from Fat 60

% Daily Value*

Total Fat 7g  11%
Saturated Fat 1g  5%
Trans Fat 0g
Cholesterol 10mg  3%
Sodium 210mg  9%
Total Carbohydrate 31g  10%
Dietary Fiber 2g  8%
Sugars 12g

Protein 5g

Vitamin A 15%  •  Vitamin C 0%
Calcium 6%  •  Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000  2,500

Total Fat Less Than 65g  85g
Saturated Fat Less Than 20g  25g
Cholesterol Less Than 300mg  300mg
Sodium Less Than 2,400mg  2,400mg
Total Carbohydrate 300g  375g
Dietary Fiber 25g  30g

Calories per gram:

Fat 9  •  Carbohydrate 4  •  Protein 4

12 muffins, 1 per serving