



Berry Muffins

Makes 12 muffins

Ingredients:

- 1½ cups whole wheat flour
- 1 cup rolled oats
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 egg
- 1 cup low-fat or skim milk
- ¼ cup canola oil
- ¼ cup honey
- 1½ cups fresh or frozen berries (raspberries, mulberries, blueberries, blackberries, marionberries, etc. Other fruit and even zucchini can be used.)

Directions: Remember to wash your hands.

1. Combine flour, oats, baking powder, salt and cinnamon in a bowl.
2. In a separate bowl combine egg, milk, oil, and honey and mix well. Add the wet ingredients to the dry ingredients and stir until just moistened.
3. Fold in berries. Fill well greased muffin tins 2/3 full. Sprinkle top of batter with cinnamon/sugar.
4. Bake in a preheated oven at 400 degrees F for 15-20 minutes.

Nutrition Facts	
Serving Size 1 muffin (75g)	
Servings Per Container About 12	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	15%
Sugars 9g	
Protein 4g	
Vitamin A 2%	Vitamin C 2%
Calcium 15%	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 80g
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	

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