



## Morning Muffins

Serving Size: 1 muffin

Yield: 12 Servings



### Ingredients

Non-stick cooking spray

1 egg

1 cup low-fat milk (1%)

1/3 cup sugar

2 tablespoons vegetable oil

1/2 cup carrots, grated

1/2 cup raisins

1/2 cup walnuts, toasted (optional)

1 teaspoon vanilla (optional)

1 1/2 cups flour

1/2 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.

*Tip: Try grated zucchini instead of carrots.*

*Tip: Morning Muffins freeze well, and thaw quickly.*

**Nutrition Facts:** Calories, 170; Calories from fat, 60; Total fat, 6g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 15mg; Sodium, 200mg; Total Carbohydrate, 26g; Fiber, 1g; Protein, 4g; Vitamin A, 15%; Vitamin C, 0%; Calcium, 6%; Iron, 6%.

**Source:** Oregon State University Extension Service, [www.foodhero.org](http://www.foodhero.org)



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