

## Recipe of the Month - December 2016

### Baked Oatmeal Muffins

Serves 6

Serving Size: 2 muffins

#### Ingredients:

- 2 ¼ cups water
- 2 ½ cups oats (quick cooking or old fashioned)
- 2 eggs
- 4 Tablespoons brown sugar, divided
- 2 Tablespoons oil (canola or vegetable)
- 1 teaspoon baking powder
- 2 teaspoons ground cinnamon, divided
- 1/4 cup nonfat milk
- 1 medium apple, finely chopped
- 1/4 cup dried fruit (raisins, cranberries, cherries)



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#### Directions:

1. Preheat oven to 350°F.
2. In a saucepan, bring water to a boil. Add oats and boil for one minute. Remove from heat and let stand five minutes.
3. In a mixing bowl, beat these together with a fork: eggs, 3 Tablespoons brown sugar, oil, baking powder, 1 teaspoon ground cinnamon and milk.
4. Stir in oatmeal, apples, and dried fruit.
5. In a small bowl, stir together remaining 1 Tablespoon brown sugar and 1 teaspoon cinnamon.
6. Lightly coat a muffin tin with cooking spray. Divide oatmeal mixture into 12 muffins. Sprinkle cinnamon sugar mixture on top of the muffins.
7. Bake for 30 minutes until the center is set and the top is lightly browned. Let muffins sit for 5 minutes before serving.
8. Store leftovers in an airtight container in the refrigerator or freezer.

**NUTRITION FACTS PER SERVING:** 260 calories, 9 g total fat (1.5 g sat. fat), 60 mg cholesterol, 115 mg sodium, 40 g carbohydrates, 5g fiber, 16 g sugar, 7g protein

*Recipe compliments of Iowa State University Extension:  
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*