Cornell University
Cooperative Extension

173 South Grand Street
Cobleskill, New York 12043
t. 518.234.4303
t. 518.296.8310
f. 518.234.4305

Oatmeal Muffins

Ingredients

¾ cup whole-wheat flour

¾ cup white flour

1 cup uncooked oatmeal

1 Tablespoon baking powder

3 Tablespoons sugar

¼ teaspoon salt

1 egg

1 cup1% milk

3 Tablespoons oil

vegetable oil spray

Makes 12 servings

Instructions

1. Preheat oven to 400° F. Grease muffin pan with spray, add flour to coat, set pan aside.
2. Combine flours, oatmeal, baking powder, sugar, and salt. Mix well.
3. In a separate bowl, beat the egg. Add milk and oil. Stir well.
4. Add liquid mixture to flour mixture. Stir until just blended; batter should be a little lumpy.
5. Pour into muffin pan. Bake 15 to 20 minutes *or* until muffins spring back when touched.

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 12

Amount Per Serving

Calories 140	Calories from Fat 40
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 200mg	**8%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 4g	
Protein 4g	

Vitamin A 2% • Vitamin C 0%
Calcium 6% • Iron 6%

*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

32% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. March 2010

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