



Muffin - Oatmeal

Makes: 20 muffins (70 g each)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	whole wheat flour	750 mL
1 ½ cup	large flake oats	375 mL
4 tsp	baking powder	20 mL
½ cup	sugar	125 mL
4	eggs, beaten	4
1 ½ cups	milk	375 mL
½ cup	vegetable oil	125 mL
¼ cup	molasses	60 mL
Optional:	bananas, mashed berries, fresh or frozen fruit, fresh, frozen, or dried	

Instructions

1. Preheat oven to 400°F (205°C).
2. In a large bowl, mix together flour, oats, baking powder, and sugar.
3. In another bowl, combine eggs, milk, oil, and molasses.
4. Add wet ingredients to dry ingredients. Stir until just combined. Fold in Optional ingredients if desired.
5. Divide batter between greased/lined muffin tins.
6. Bake for 15 - 20 minutes until golden.

Nutrition Information	
Serving ½ muffin (35 g)	
Calories	100
Fat	3.5 g
	Saturated 0 g
	+ Trans 0 g
Sodium	45 mg
Carbohydrates	15 g
	Fibre 2 g
	Sugars 5 g
Protein	2 g
Calcium	50 mg
Iron	0.5 mg

Food Guide Servings
½ Grain Product