



Raisin Muffins

Makes: 12 Servings

These moist muffins have a fruity flavor and are full of whole grain goodness. Serve them anytime.

Ingredients

2 cups whole wheat flour

1 teaspoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

6 tablespoons vegetable oil

1/2 cup maple syrup (or 2/3 cup brown or white sugar)

1 cup water

1/2 cup raisins

nonstick cooking spray

1/2 cup quick cooking oats

Directions

1. Preheat oven to 375 degrees F.
2. Mix all of the dry ingredients in a large bowl.
3. Add the wet ingredients. Stir until just mixed.
4. Spray a 12-cup muffin pan with nonstick cooking spray.
5. Fill each cup about 3/4 full. Sprinkle about 1 teaspoon of oats on top of each muffin.
6. Bake for 20-25 minutes. The muffins can be served warm or cool.

Source: Cookbook: A Harvest of Recipes with USDA Foods. Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program