

# Oatmeal Carrot Muffins

Preheat oven to 375°

## Combine in a large bowl:

- 1 cup buttermilk (or yogurt)
- 1 cup quick cooking rolled oats

1. Cover & let stand overnight in fridge or for 2 hours at room temperature

## Mix together:

- 1/2 cup grated carrots (Options: zucchini; or mashed pumpkin + cinnamon & nutmeg; or mashed bananas; or chopped rhubarb + pecans etc.)
- 1/4 cup brown sugar
- 1/4 cup margarine, melted
- 1 egg, slightly beaten
- 1 tsp grated orange rind (optional if using other ingredients than carrots or zucchini)

2. Stir into Oat mixture

## Sift together:

- 1 cup all purpose flour (can do 1/2 whole wheat)
- 1/4 cup granulated sugar
- 2 tsp baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- add 3/4 cup raisins

3. Stir into batter just until moistened

## Method:

Spoon into nonstick or paper lined muffin tins filling almost to top. Bake in 400° oven for 20 to 25 minutes or until firm to the touch. Let stand for 2 minutes before removing from tins. Makes 12 muffins.

-176 calories per muffin; 5 g fat, 23 mg cholesterol, 305 mg sodium; 4 g protein; 30 g carbohydrate; good source of fiber

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-From Anne Lindsay's The Lighthearted Cookbook, p. 151