



Oatmeal Muffins

INGREDIENTS

2/3 cup milk

1 cup oats (old-fashioned)

1/2 cup canola oil

1/4 cup brown sugar

1/4 cup sugar

1 egg

1/2 cup regular flour

1/2 cup whole wheat flour

1 1/8 tsp baking powder

1/2 tsp salt

1 tsp cinnamon

1/3 to 1/2 cup raisins

1/3 to 1/2 cup walnuts (coarsely chopped)

DIRECTIONS

1. Mix together milk and oats and let set for 15 - 30 minutes.
2. Sift together the flour, baking powder, salt, and cinnamon in small bowl. In a medium sized bowl combine canola oil, sugars and egg. Add oat/milk mixture to oil/sugar/egg mixture. Combine dry and wet ingredients; folding gently. Add raisins and nuts. Scoop batter into

muffins pans until almost full.
3. Bake at 375 degrees F. 15-20 minutes. Makes 12 muffins.

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