



Strawberry Orange Oat Muffin

INGREDIENTS

1/2 cup orange juice

1/2 cup quick oats

1 egg

1/2 cup canola oil

1/2 cup sugar

1 cup flour

1/2 cup white whole-wheat flour

1 1/4 teaspoons baking powder

1/4 tsp baking soda

1/2 tsp salt

1 1/4 to 1 1/2 cups strawberries, sliced to size of blueberries

1/8 cup orange juice concentrate

1 tbsp coarse sugar

DIRECTIONS

- Mix oats with orange juice to soften. (About 15 minutes)

- Mix together egg, oil, and sugar. Add oat mixture
 - Combine dry ingredients, then add strawberries. Combine the dry mixture with the oat mixture. Stir until just moistened; do not overmix.
 - Fill greased or paper-lined muffin tins 2/3 full. Bake at 400 degrees F. for 16 to 18 minutes. Brush top with orange juice concentrate, and sprinkle with sugar. Bake for 2 more minutes. Makes 1 dozen medium muffins.
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