

# Oatmeal Muffins with Molasses

This recipe makes 24 muffins - freeze any extras for a quick breakfast or snack. These muffins are a source of iron. Each muffin provides 15% DV (daily value) of iron.



## Ingredients:

1 cup	All purpose flour	250 mL
1 cup	Whole wheat flour	250 mL
2 cups	Oats, old-fashioned or quick-cooking	500 mL
1 Tbsp	Baking powder	15 mL
1 tsp	Cinnamon	5 mL
¼ tsp	Salt	1 mL
1 ¾ cup	1% milk	440 mL
½ cup	Dark molasses	125 mL
⅓ cup	Brown sugar, packed	80 mL
¼ cup	Canola oil	60 mL
2 large	Eggs	2 large
½ cup	Dried fruit, such as raisins, chopped dates or apricots	125 mL
	Non-stick cooking spray	

## Directions:

1. Preheat the oven to 400°F (205°C).
2. In a large bowl, stir together the flours, oats, baking powder, cinnamon and salt. In another bowl, whisk together the milk, molasses, brown sugar, oil and eggs; add the wet ingredients to the dry and stir a few strokes, then add the dried fruit and stir until just blended.
3. Spoon into muffin tins with paper liners or sprayed with non-stick cooking spray. Bake for 20–25 minutes, until golden and springy to the touch.

**Makes 24 muffins (48 g)**

Source: developed by Julie Van Rosendaal for Apple Magazine, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

# Oatmeal Muffins with Molasses

<b>Nutrition Facts</b>	
Per 1/24 of recipe (1 muffin/ 48 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 140	
<b>Fat</b> 3.5 g	<b>5 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 75 mg	<b>3 %</b>
<b>Carbohydrate</b> 24 g	<b>8 %</b>
Fibre 2 g	<b>8 %</b>
Sugars 10 g	
<b>Protein</b> 4 g	
Vitamin A	2 %
Vitamin C	0 %
Calcium	8 %
Iron	15 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Saturated fat free	0 g
Low in sodium	75 mg
Source of potassium	269 mg
Source of calcium	89 mg
Source of magnesium	29 mg
Source of folate	21 mcg
Source of iron	1.8 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	0
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Most Often recipe (Grain Products) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- 2–12 cup muffin tins