



## **Cherry Oatmeal Muffins**

1 cup old-fashioned or quick cooking oats, uncooked  
1 cup all-purpose flour  
1/2 cup firmly packed brown sugar  
1 1/2 teaspoons baking powder  
1/4 teaspoon ground nutmeg  
3/4 cup buttermilk  
1 egg, slightly beaten  
1/4 cup vegetable oil  
1 teaspoon almond extract  
1 cup frozen or fresh, pitted tart cherries  
Coarsely granulated sugar (about 2 tablespoons)

1. Put oats, flour, brown sugar, baking powder and nutmeg in a large mixing bowl; mix well. Combine buttermilk, egg, oil, and almond extract in a small bowl.
2. Pour buttermilk mixture into oats mixture; stir just to moisten ingredients. Quickly stir in cherries (it is not necessary to thaw cherries before chopping and adding to batter.)
3. Spray muffin pan with non-stick spray. Fill muffin-cups 2/3 full. Sprinkle with granulated sugar.

Bake in a preheated 400 degree oven 15 to 20 minutes, or until golden brown.

Makes 12 Muffins

### **Nutrition Facts**

Serving Size: One standard size muffin

Calories	170
Total Fat	6g
Saturated Fat	.5g
Cholesterol	20mg
Sodium	90mg
Carbohydrates	26g
Dietary Fiber	1g
Protein	4g

### **Diabetic Exchanges**

Protein	1
Fat	1
Carbohydrates	2