



## ***Nutty Oat Muffins***

Courtesy Chef Bryan Woolley

1 ¼ cups flour  
1 cup whole wheat flour  
1 tbsp baking powder  
½ tsp salt  
1 ¼ cups skim milk  
½ cup apple sauce  
2 egg whites  
3 tbsp honey  
1 cup chopped walnuts  
½ cup old fashioned oats  
½ cup golden raisins  
½ cup dried cranberries  
½ cup dried plums

1. Add all ingredients into a large bowl and mix together just until combined.
2. Spoon muffin batter into prepared muffin tin. Fill about 2/3 full.
3. Bake in a preheated 350-degree oven for about 30 minutes or until completely cooked through.
4. Allow muffins to cool.
5. Serve and enjoy! Makes 12 muffins.

### **Nutrition Facts**

Serving Size: One muffin

Calories	240
Total Fat	7g
Saturated Fat	.5g
Cholesterol	0mg
Sodium	260mg
Carbohydrates	40g
Dietary Fiber	4g
Sugars	16g
Protein	7g

### **Diabetic Exchanges**

Protein	1
Fat	1
Carbohydrates	2.5

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