

# Farmer's Market 2004



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ESNY



## Oatmeal Carrot Muffins

*Yield: 10 Muffins*

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <b>1 cup old-fashioned oats</b>   | <b>2 egg whites</b>                  |
| <b>1/2 cup raisins</b>            | <b>1 teaspoon grated orange peel</b> |
| <b>1 cup skim milk</b>            | <b>1/2 cup all-purpose flour</b>     |
| <b>1/2 cup shredded carrot</b>    | <b>1/2 cup whole wheat flour</b>     |
| <b>1/2 cup sugar</b>              | <b>1 tablespoon baking powder</b>    |
| <b>1/2 cup packed brown sugar</b> | <b>1/2 teaspoon baking soda</b>      |
| <b>1/4 cup vegetable oil</b>      |                                      |

**In a large bowl, combine oats, raisins and milk; stir well. Cover and refrigerate 2 hours or overnight. Combine carrot, sugars, oil, egg whites, and orange peel; stir into oat mixture. Combine dry ingredients; stir into the batter just until moistened. Coat muffin cups with nonstick cooking spray or use paper liners; fill cups two-thirds full. Bake at 400° F for 20 to 25 minutes or until muffins test done. Cool in pan 10 minutes before removing to a wire rack.**



**Nutritional Information: Serving Size: 1 muffin. 223 Calories, 6 g Total Fat, 24% Calories from Fat, 1 g Saturated Fat, Cholesterol: Trace, 39 g Carbohydrate, 5 g Protein.**

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