



# CAPE COD COOPERATIVE EXTENSION

P.O. Box 367 • Barnstable, MA 02630-0367 • TEL: (508) 375-6690 • FAX: (508) 362-4518 • www.capecodextension.org

N u t r i t i o n E d u c a t i o n P r o g r a m

## Morning Muffins

*This recipe is a good source of vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

- Non-stick cooking spray
- 1 **egg**
- 1 cup low-fat **milk** (1%)
- 1/3 cup **sugar**
- 2 tablespoons vegetable **oil**
- 1/2 cup grated **carrots**
- 1/2 cup **raisins**
- 1/2 cup toasted **walnuts** (optional)
- 1 teaspoon **vanilla** (optional)
- 1 1/2 cup **flour**
- 1 cup old-fashioned **oatmeal**
- 1 teaspoon **cinnamon** (optional)
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **salt**

### Directions:

1. Heat oven to 400 degrees.
2. Coat muffin tin with non-stick cooking spray.
3. Mix egg, milk, sugar, oil, carrots, raisins, walnuts, and vanilla.
4. Mix flour, oatmeal, cinnamon, baking powder, baking soda, and salt.
5. Add wet ingredients to dry ingredients and stir gently until flour is just moistened. Gently fill muffin cups about 3/4 full.
6. Bake for 15 minutes or until edges start to brown.

### Tips:

- Morning Muffins freeze well, and thaw quickly.

## Nutrition Facts

Serving Size 1 muffin (72g)  
Servings Per Container 12

Amount Per Serving

**Calories** 200      **Calories from Fat** 60

% Daily Value\*

**Total Fat** 7g      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 31g      **10%**

Dietary Fiber 2g      **8%**

Sugars 12g

**Protein** 5g

Vitamin A 15%      • Vitamin C 0%

Calcium 6%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**12 muffins, 1 per serving**