

Wholesome Whole Grain Muffins

- 1 cup Quaker oats (quick or old fashioned, uncooked*)
- 1 cup whole wheat flour
- 1/2 cup packed brown sugar
- 1/2 cup toasted wheat germ
- 2 teaspoons baking powder
- 1 1/2 teaspoons grated orange peel
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 2 egg whites or 1 egg, lightly beaten
- 1 cup fat-free milk
- 1/4 cup vegetable oil
- 1/4 cup apricot fruit spread, plus additional for glaze
- Oats, for topping

**If using old-fashioned oats, add 2 tablespoons additional flour.*

1. Heat oven to 400°F. Place paper muffin liners in 12 regular muffin cups; set aside.
2. In large bowl, combine oats, flour, brown sugar, wheat germ, baking powder, orange peel, cinnamon and salt; mix well. Combine egg whites, milk and oil; mix well. Add to dry ingredients all at once; mix just until blended. (Batter will be thin.) Fill each prepared muffin cup 1/3 full with batter. Carefully spoon 1-teaspoon apricot fruit spread in center of each muffin cup. Spoon remaining batter over fruit spread, dividing evenly. Sprinkle each filled muffin cup with oats.
3. Bake 20 to 22 minutes, or until golden brown. Remove from oven to wire rack. Lightly brush additional fruit spread onto warm muffins to glaze. Let stand 10 minutes. Remove from pans. Serve warm.
4. To freeze, wrap cooled muffins securely in foil, or place in freezer bag. Seal, label and freeze up to 6 months.

Per serving (1/12 of recipe or 1 muffin): 180 calories (45 calories from fat); 5g total fat (1g saturated fat); 0mg cholesterol; 170mg sodium; 29g total carbohydrates; 2g dietary fiber; 4g protein.

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