

See back of card for recipe tips.

Foods in **bold** are WIC approved.

Mixed Fruit Muffins

Serves 12

2 cans (15 oz each)	Peaches	1 cup	Oatmeal
1 large	Egg (beaten)	$\frac{3}{4}$ cup	Brown Sugar
$\frac{1}{4}$ cup	Vegetable Oil	2 teaspoons	Baking Powder
1 teaspoon	Vanilla Extract	1 teaspoon	Cinnamon
1 teaspoon	Orange Peel	$\frac{1}{4}$ teaspoon	Salt
1 cup	Flour		

1. Preheat oven to 400°F; spray a muffin pan with cooking spray.
2. Puree 1 can of peaches (drained); in a small bowl, combine 1 cup peach puree, egg, oil, vanilla and orange peel; set aside.
3. In a large bowl, combine flour, oatmeal, brown sugar, baking powder, cinnamon and salt; mix well.
4. Stir liquid mixture into dry mixture; mix until just moistened; add 1 cup of peaches (drained, not pureed) and mix together.
5. Spoon batter into muffin tins; bake 20-25 minutes or until toothpick inserted comes out clean.

