

Mixed Fruit Muffins

See back of card for recipe tips.
Foods in **bold** are WIC approved.

Serves 12

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|---------------------|---------------------|-------------|---------------|
| 2 cans (15 oz each) | Peaches | 1 cup | Oatmeal |
| 1 large | Egg (beaten) | ¾ cup | Brown Sugar |
| ¼ cup | Vegetable Oil | 2 teaspoons | Baking Powder |
| 1 teaspoon | Vanilla Extract | 1 teaspoon | Cinnamon |
| 1 teaspoon | Orange Peel | ¼ 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.

Nutrition Facts

Serving Size 1/12 recipe (117g)
Servings Per Container 12

Amount Per Serving		% Daily Value*	
Calories	210	Calories from Fat	50
Total Fat	6g		9%
Saturated Fat	1g		5%
Cholesterol	15mg		5%
Sodium	150mg		6%
Total Carbohydrate	39g		13%
Dietary Fiber	2g		8%
Sugars	25g		
Protein	3g		
Vitamin A	2%	Vitamin C	2%
Calcium	2%	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

Recipe Tips:

- ★ Use other canned fruit such as pears in place of canned peaches
- ★ Drain canned fruit well before pureeing
- ★ Only grate the orange-colored peel as the white-colored peel is bitter
- ★ Use whole wheat flour instead of all-purpose flour to increase fiber