

Oatmeal Raisin Muffins

Yields: ten 3 unit muffins

Ingredients:

½ c. All-purpose flour
½ c. Whole Wheat flour
1 c. Old Fashioned Oats
¼ c. Splenda Brown Sugar, finely packed
1 ½ tsp. baking powder
½ tsp. salt
¼ tsp. cinnamon
½ c. black raisins, plumped*
1 c. Dannon Fit -n- Light Vanilla Yogurt
1 large egg, lightly beaten
2 Tbsp. Smart Balance Omega Oil
Canola Oil cooking spray

Directions: Pre heat oven to 375°

*To plump raisins: Put raisins in a microwave safe dish. Cover raisins with water. Heat for 1 - 2 min. on high. Let cool. Drain. Set aside for later.

Step 1: Lightly spray 10 muffin tins with canola oil cooking spray, or line with paper muffin cups. Set aside.

Step 2: In a medium size bowl, stir together both flours, oats, brown sugar, baking powder, salt, and cinnamon. Add the cooled plumped raisins. In another smaller bowl, whisk together the yogurt, egg and oil.

Step 3: Stir the yogurt mixture into the dry mixture until just blended. Do not over-mix. Divide the batter into the 10 prepared muffin tins. Bake in the middle of the pre heated oven for 22 - 25 minutes.