

Michelle's Muffin Recipe

This is a basic, healthy muffin recipe that can be varied for many occasions. Add different fruits or nuts for a different flavor.

1 cup whole wheat flour	3 pouches fruit and yogurt Graduate Grabbers
½ cup all-purpose flour	(or 1 cup fat-free plain or vanilla yogurt)
1 cup oats	1 cup baby food fruit (or other fruit)
¾ cup brown sugar	1 large egg
2 teaspoons baking soda	1 cup raisins
¼ teaspoon salt	¾ cup chopped walnuts or pecans (optional)
	½ cup chopped dried fruit

Heat oven to 350. Prepare 18 muffin cups using liners or spray. Combine flours and next 4 ingredients in bowl. Stir. Make a well in center of mixture. Combine yogurt pouches, baby food, and egg. Add to flour mixture, stirring until moist. Add fruit and nuts. Spoon batter into prepared muffin pans. Bake at 350 degrees for 20 minutes. Remove from pans immediately and cool on wire rack.