

Apricot-Oatmeal Muffins

Prep Time: 15 minutes Yield: 6 muffins

This is a Betty Crocker Recipe

Ingredients:

¾ cup all-purpose flour
½ cup quick cooking oats
1 teaspoon baking powder
¼ teaspoon salt
½ cup packed brown sugar
1/3 cup milk
3 tablespoons vegetable or canola oil
½ teaspoon vanilla
1 egg
1/3 cup finely chopped dried apricots
1 tablespoon quick cooking oats

Directions:

Heat oven to 400°F. Grease bottoms only of 6 regular size muffin cups with shortening or cooking spray, or line with paper baking cups.

In medium bowl, mix flour, ½ cup oats, baking powder and salt. In small bowl, mix brown sugar, milk, oil, vanilla and egg with fork or wire whisk until blended. Stir milk mixture into flour mixture just until flour is moistened. Fold in apricots. Divide evenly among muffin cups. Sprinkle each with about ½ teaspoon oats.

Bake 23 to 25 minutes or until toothpick inserted in center comes out clean. Remove from pan to cooling rack. Serve warm or cool.

Kitchen Tips: To avoid soggy muffins, take them out of the pan immediately after removing from oven.

1 Muffin: Calories 250 (cals from fat 80); Total Fat 9 grams (sat fat 1.5 g, trans fat 0g); Cholesterol 35 mg; Sodium 200 mg; Total Carbohydrate 40g (Dietary Fiber 1g; Sugars 22g); Protein 4 g

Daily Value: Potassium 6%, Vit A 6%, Vit C 0%, Calcium 10%, Iron 10%