

Breakfast Muesli Muffins

No added fat or egg. For best results, do not use non-fat yogurt.

All-purpose flour	1 1/2 cups	375 mL
Baking powder	2 tsp.	10 mL
Baking soda	1/2 tsp.	2 mL
Salt	1/2 tsp.	2 mL
Ground ginger	1/2 tsp.	2 mL
Cooked oatmeal (see Note)	1 cup	250 mL
Liquid honey	1/2 cup	125 mL
Plain yogurt	1/2 cup	125 mL
Golden raisins	1/2 cup	125 mL
Chopped walnuts	1/2 cup	125 mL
Finely chopped dried apricot	1/4 cup	60 mL

Measure first 5 ingredients into large bowl. Stir. Make a well in centre.

Beat next 3 ingredients with whisk in medium bowl. Add to well.

Add remaining 3 ingredients. Stir until just moistened. Fill 12 greased muffin cups 3/4 full. Bake in 375°F (190°C) oven for 18 to 20 minutes until wooden pick inserted in centre of muffin comes out clean. Let stand in pan for 5 minutes before removing to wire rack to cool. Makes 12 muffins.

1 muffin: 197 Calories; 3.8 g Total Fat (0.9 g Mono, 2.3 g Poly, 0.4 g Sat); 1 mg Cholesterol; 39 g Carbohydrate; 2 g Fibre; 5 g Protein; 250 mg Sodium

Note: To make 1 cup (250 mL) cooked oatmeal, combine 1/2 cup (125 mL) quick-cooking rolled oats, 1/8 tsp. (0.5 mL) salt and 1 cup (250 mL) water in small saucepan. Bring to a boil on medium. Boil gently for about 5 minutes, stirring constantly, until thickened. Cool completely before using in muffins.

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