

Oatmeal Carrot Muffins

Grated orange or lemon rinds flavors these tasty muffins.



- 1 Cup (250 ml) Buttermilk**
- 1 Cup (250 ml) Quick Cooking Rolled Oats**
- 1 Cup (250 ml) Grated Carrots**
- ¼ (50 ml) Cup Packed Brown Sugar**
- ¼ (50 ml) Cup Canola Oil**
- 1 Egg, slightly beaten**
- 1 tsp (5 ml) grated orange or lemon rind**
- 1 Cup (250 ml) all-purpose or whole wheat flour**
- ¼ Cup (50 ml) Granulated Sugar**
- 2 tsp (10 ml) Baking Powder**
- 1 tsp (5ml) Salt**
- ½ tsp (2 ml) baking soda**
- ¾ Cup (175 ml) raisins**

Per Muffin	
Calories	181
Fat	6 g
Saturated Fat	1g
Cholesterol	16 mg
Sodium	321 mg
Carbohydrate	30 g
Fiber	3g
Protein	4 g
Vitamin A	22%, Vitamin C 6%,
Calcium	6% Iron 9%

In large bowl, pour buttermilk over oats; stir to mix. Cover and let stand for 10 minutes.

Mix together carrots, brown sugar, oil, egg and orange rind; stir into oat mixture.

Stir together flour, granulated sugar, baking powder, salt and baking soda; stir in raisins. Stir into batter just until moistened.

Spoon into nonstick or paper-lined (or spray cups with vegetable oil) large muffin pans, filling almost to the top. Bake in a pre-heated **400° F/200°C** oven for **20 – 25 minutes** or until firm to the touch. Let stand for 2 minutes before removing from tins.

Makes 12 muffins.

Canola Oil: *Any kind of vegetable oil can be used in these muffins. Canola oil was chosen because it has a very mild taste and has the least amount of saturated fat of any of the oils.*

The Muffin Queen provided this recipe, Gloria J., through the New Lighthearted Cookbook Recipes for Heart Health Cooking. Modified by PEFHT's Cardiac Rehab

Enjoy!