

OAT 'N' DRIED PLUM MUFFINS

"These multigrain muffins supply a hefty dose of antioxidants, B vitamins, calcium, iron, and magnesium and are sweet, but nutritious".

Makes 12 Muffins

Difficulty level-moderate Price- moderate

INGREDIENTS:

- ✓ Cooking spray
- ✓ 1 1/4 cups all-purpose flour
- ✓ 1/2 cup old-fashioned rolled oats
- ✓ 1/4 cup sugar
- ✓ 1/4 cup Splenda
- ✓ 1/4 cup cornmeal
- ✓ 1/4 cup toasted wheat germ
- ✓ 1 1/2 teaspoons baking powder
- ✓ 1/2 teaspoon baking soda
- ✓ 1 teaspoon ground cinnamon
- ✓ Pinch of salt
- ✓ 1 cup packed pitted lemon-essence dried plums, chopped (approximately 30 plums)
- ✓ 1 cup nonfat plain yogurt
- ✓ 1/4 cup canola oil
- ✓ 1/4 cup liquid egg substitute (equivalent to 1 whole egg)

DIRECTIONS:

- Heat oven to 400 degrees. Coat a 12-muffin pan with cooking spray and set aside.
- In a large bowl, whisk together until completely blended: flour, oats, sugar, Splenda, cornmeal, wheat germ, baking powder, baking soda, cinnamon, and salt. Set aside.
- In a medium bowl, blend dried plums, yogurt, oil, and egg substitute.
- Make a hole in the middle of the flour mixture, pour the plum mixture into the hole and stir until dry ingredients are barely moistened.
- Spoon batter evenly into 12 muffin cups. Bake for 15-18 minutes or until a toothpick inserted into the middle of muffin comes out clean. Set on rack to cool.