



Peachy Oatmeal Muffins

(makes 18 regular size muffins)

Adapted from 500 Best Muffin Recipes by Esther Brody

- 2 cups whole wheat flour
- 1 cup old-fashioned rolled oats
- ½ cup unprocessed wheat bran
- ½ cup brown sugar, packed
- 1 ½ tsp. baking soda
- ½ teaspoon salt
- 2 eggs
- 1 ½ cups buttermilk
- ¼ cup canola oil
- 1 Tablespoon orange peel, grated
- 1 ½ teaspoons cinnamon
- 3 medium peaches, peeled and finely chopped

1. Preheat oven to 400 degrees.
2. Spray muffin tins with cooking spray
3. In a large bowl, mix flour, oats, bran, sugar, baking soda, salt and cinnamon.
4. In another bowl whisk together eggs, buttermilk and oil. Stir in orange peel.
5. Add wet ingredients to dry ingredients. Stir until just moistened.
6. Fold in peaches.
7. Spoon into muffin tins.
8. Bake 15-20 minutes until lightly brown on top.

Nutrition information for 1 muffin:

Calories: 130
Carbohydrates: 20g
Fat: 4g
Fiber: 4g
Protein: 3g