

#LetsCook30

LOCAL HARVEST MUFFINS

Servings: 12

Ready in about: 40 minutes

1 ½ cups	whole wheat flour
1/2 cup	packed brown sugar
1/3 cup	oatmeal (quick oats or old fashioned oats)
2 ½ tsp	cinnamon
1 ½ tsp	baking powder
¼ tsp	salt
¼ tsp	baking soda
2/3 cup	milk
1/3 cup	vegetable oil
2	eggs, beaten
1 tsp	vanilla
2 medium	Ontario apples (peeled or unpeeled), finely chopped
2 medium	Ontario carrots, finely grated

Nutrition Tips

To increase the fibre and reduce the saturated fat in this recipe, we used:

- Whole wheat flour
- Low fat milk (2% M.F. or less)

INSTRUCTIONS:

1. Preheat oven to 400°F.
2. In a bowl, mix together flour, sugar, oatmeal, cinnamon, baking powder, salt and baking soda. Set aside.
3. In a bowl, whisk together milk, oil, eggs and vanilla. Stir in apples and carrots. Stir in dry ingredients just until combined.
4. Lightly grease muffin tin. Spoon batter evenly into 12 muffin cups.
5. Bake in preheated oven for 20 – 22 minutes or until firm to the touch or tester comes out clean.
6. Cool muffins in pan, on wire rack for approximately 10-15 minutes. Remove muffins from pan and cool completely on wire rack. Refrigerate or freeze leftovers.

TIP:

When looking for locally grown fruits and vegetables, visit your [local farmers market](#) or look for Foodland Ontario logo and signs to know you are buying local produce.

Adapted from: Carrot Oatmeal Muffins, Canadianliving.com, accessed 2019.

PUBLIC HEALTH

1-877-464-9675
TTY 1-866-512-6228
york.ca/letscook30

