

## *Fruitful Muffins*

1 cup quick or old fashioned, uncooked oats	1/2 cup raisins
1 cup all-purpose flour	1/4 cup oil
1 Tablespoon baking powder	1/4 cup brown sugar
1/2 teaspoon cinnamon	1 egg white
1/2 cup mashed ripe banana (about 1 large banana)	1 cup milk

Heat oven to 400°. Line 12 medium muffin cups with paper baking cups, or lightly oil. Combine oats, flour, baking powder and cinnamon. Combine remaining ingredients and add to oat mixture. Mix just until dry ingredients are moistened. Fill muffin cups 3/4 full. Bake 20 to 25 minutes or until golden brown.

Variation: Substitute 1/2 cup chopped apricots, dates or prunes for raisins.

Note: To freeze, wrap each muffin tightly in foil or plastic wrap. To reheat one frozen muffin, microwave on HIGH about 45 seconds.

## *Skillet Cornbread*

1 1/2 cups cornmeal	1 egg, beaten
2 Tablespoons sugar	1 1/2 cups buttermilk
1/2 teaspoon baking soda	1 Tablespoon oil or bacon drippings

Combine cornmeal, sugar and baking soda. Add egg and buttermilk, mixing well. Grease a 9-inch iron skillet with oil or bacon drippings. Heat in a 400° oven for 3 minutes or until very hot. Pour batter into hot skillet, and bake at 400° for 20 to 25 minutes or until golden brown.

Nutrition Facts

---

Servings Per Recipe 12  
Amount Per Serving

Calories 114	5% of total calories from fat
Total Fat 0.6g	Sodium 100mg
*Vitamin A 1%	*Vitamin C 2%
*Calcium 5%	*Iron 6%

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.  
AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION.  
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
November 2002  
Publication Number: FDNS-NE 754

Nutrition Facts

---

Servings Per Recipe 10  
Amount Per Serving

Calories 119	19% of total calories from fat
Total Fat 3g	Sodium 87mg
*Vitamin A 2%	*Vitamin C 1%
*Calcium 5%	*Iron 5%

THE UNIVERSITY OF GEORGIA AND FT. VALLEY STATE UNIVERSITY, THE U.S. DEPARTMENT OF AGRICULTURE AND COUNTIES OF THE STATE COOPERATING. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.  
AN EQUAL OPPORTUNITY EMPLOYER/AFFIRMATIVE ACTION ORGANIZATION.  
Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating. Gale A. Buchanan, Dean and Director

Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
November 2002  
Publication Number: FDNS-NE 754