

Cherry Oat Muffins

- 1 1/4 cups unbleached flour
- 1 1/4 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 2/3 cup all fruit black cherry jam
- 1/3 cup apple juice concentrate (100% juice)
- 1/2 cup cherry juice concentrate (100% juice)
- 3 Tablespoons canola or safflower oil
- 1/4 cup water
- 1/3 cup egg substitute
- 1 1/2 cups thin-rolled quick oats

Preheat oven to 350 degrees. Sift together flour, baking powder, baking soda, and salt. Set aside. In a separate bowl, lightly beat egg substitute, and stir in all wet ingredients. Pour liquid mixture over dry ingredients, and mix with a fork, just until moistened. Then gently fold in oats.

Fill muffin cups 3/4 full, and bake at 350 degrees for 18 to 23 minutes. Muffins are done when a toothpick inserted comes out clean. Let cool 10–15 minutes for non-stick removal of paper muffin cups. Serve warm or at room temperature, not refrigerated. Makes 12 servings.

Nutrition information per serving: 185 calories, 4 grams protein, 5 grams fat, 30 grams carb, and 12 mg sodium.