

Buried Treasure Muffins

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The Church of St. Michael and St. George - St. Louis, MO - 1980

Yield: 12 muffins

1 cup oats
1 cup buttermilk
1 cup flour
1/2 teaspoon salt
1/2 teaspoon baking soda
1 1/2 teaspoons baking powder
1/2 cup vegetable oil
1/2 cup brown sugar
1 egg
3/4 cup shredded coconut
strawberry preserves

Preheat the oven to 400 degrees.

In a bowl, mix together the oats and buttermilk. Let soak for 30 minutes to one hour.

In a bowl, sift the flour with the salt, baking powder and baking soda.

In a bowl, blend together the oil, brown sugar, egg and coconut. Add to the oatmeal mixture, blending well. Stir in the dry ingredients, just to moisten.

Reserve two tablespoons of the batter mixture. Spoon the remainder into twelve greased muffin tins. Place a small amount of preserves in the center of each muffin. Cover with the reserved batter mixture.

Bake for 20 minutes.

Per Serving (excluding unknown items): 2475 Calories; 128g Fat (46.1% calories from fat); 54g Protein; 283g Carbohydrate; 20g Dietary Fiber; 221mg Cholesterol; 2787mg Sodium. Exchanges: 13 Grain(Starch); 1 1/2 Lean Meat; 1 Non-Fat Milk; 24 Fat; 5 Other Carbohydrates.