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# Oatmeal Muffins

*Bonnie Welch and Deanna White*

*Kitchen Keepsakes - Castle Rock, CO - 1989*

Servings: 1

**1 cup quick oats**

**1 cup buttermilk**

**1 egg**

**1/2 cup packed brown sugar**

**1/2 cup vegetable oil**

**1 cup flour**

**1 teaspoon baking powder**

**1/2 teaspoon salt**

**1/2 teaspoon baking soda**

In a bowl, mix all the ingredients.

Spoon the batter into greased muffin tins 2/3 full.

Bake at 400 degrees for 15 to 20 minutes.

Yield: 1 dozen

## **Breads, Muffins**

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*Per Serving (excluding unknown items): 2008 Calories; 117g Fat (52.1% calories from fat); 27g Protein; 216g Carbohydrate; 4g Dietary Fiber; 221mg Cholesterol; 2555mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1 Lean Meat; 1 Non-Fat Milk; 22 1/2 Fat; 7 Other Carbohydrates.*