



# HEALTHY OAT PEACHES AND CREAM MUFFINS

**Yield: 12 servings**

## INGREDIENTS

- 1 cup flour
- 3/4 cup quick oats
- 2/3 cup plus 1 Tbsp firmly packed brown sugar, divided
- 1/2 cup oat bran
- 2 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 cup low-fat cream cheese
- 1 cup peeled, chopped peaches, divided
- 1 cup skim milk
- 3 Tbsp vegetable oil
- 2 tsp vanilla extract
- 1 egg
- 1/3 cup toasted, chopped walnuts

## PREPARATION

1. Preheat oven to 350°F and spray 12 muffin tins with non-stick cooking spray.
2. Combine dry ingredients in a medium bowl, reserving 1 tablespoon brown sugar; mix well and set aside.
3. Stir together cream cheese and the reserved 1 tablespoon brown sugar. When well blended, fold in 1/4 cup peaches. Add milk, oil, vanilla and egg to dry ingredients, mixing just until dry ingredients are moistened. Lightly stir in remaining peaches and walnuts.
4. Spoon 3/4 of the mixture into prepared muffin tins. Place a teaspoonful of the cream cheese mixture in the center of each then spoon remaining batter over the top.
5. Bake for 20 to 25 minutes or until a toothpick inserted into the center comes out clean.