



...from Marky Maypo's kitchen to yours

## Maypo Muffins

- 2 1/4 cup **Maypo** Maple Flavored Instant Oatmeal
- 1/3 cup chopped walnuts
- 1/3 cup raisins
- 1 Tablespoon baking powder
- 1 1/4 cup skim milk
- 2 egg whites
- 1/4 cup honey
- 2 Tablespoons vegetable oil

Preheat oven to 400F. Line 12 medium muffin pan cups with paper baking cups or spray bottoms only with cooking spray. In a large bowl, combine **Maypo**, nuts, raisins and baking powder. Add milk, egg whites, honey and vegetable oil; stir until cereal mixture is just moistened. Spoon about 1/4 cup batter into prepared muffin cups. Bake 15 to 20 minutes. Test for doneness with toothpick. Toothpick should come out moist but not wet. Remove from muffin pan and allow to cool on wire rack. Makes 12 muffins.

### Variations:

*Cranberry Orange Maypo Muffins - Reduce milk to 1 cup and add 1/4 cup orange juice. Omit raisins and stir in 1/3 cup chopped cranberries.*

*Cinnamon Maypo Muffins - Add 1 teaspoon cinnamon to dry ingredients.*

*Blueberry Maypo Muffins - Omit raisins and stir in 1/3 cup fresh blueberries.*

