



Oatmeal Raisin Muffin Mix

(Store jar in refrigerator and use within 1 month)

1 jar Oatmeal Raisin Muffin Mix

1 egg

$\frac{2}{3}$ cup water

Cooking spray

Preheat oven to 425°F. Mix egg and water in large bowl. Add contents of jar, except raisins. Stir slightly; batter should be lumpy. Add raisins to batter. Line muffin tins with baking cups and spray lightly with cooking spray. Fill muffin cups $\frac{2}{3}$ full. Bake at 425°F for 18 to 20 minutes or until golden brown.

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Nutrition Facts

12 servings per container

Serving size 1 muffin (33g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 15mg 1%

Total Carbohydrate 10g 4%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 1mg 6%

Potassium 106mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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