**Fruitful Muffins**

1 cup quick or old fashioned, uncooked oats  
1/2 cup raisins  
1 cup all-purpose flour  
1/4 cup oil  
1 Tablespoon baking powder  
1/4 cup brown sugar  
1/2 teaspoon cinnamon  
1 egg white  
1/2 cup mashed ripe banana (about 1 large banana)  
1 cup milk  

Heat oven to 400°. Line 12 medium muffin cups with paper baking cups, or lightly oil. Combine oats, flour, baking powder and cinnamon. Combine remaining ingredients and add to oat mixture. Mix just until dry ingredients are moistened. Fill muffin cups 3/4 full. Bake 20 to 25 minutes or until golden brown.

Variation: Substitute 1/2 cup chopped apricots, dates or prunes for raisins.

Note: To freeze, wrap each muffin tightly in foil or plastic wrap. To reheat one frozen muffin, microwave on HIGH about 45 seconds.

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**Skillet Cornbread**

1 1/2 cups cornmeal  
1 egg, beaten  
2 Tablespoons sugar  
1 1/2 cups buttermilk  
1/2 teaspoon baking soda  
1 Tablespoon oil or bacon drippings

Combine cornmeal, sugar and baking soda. Add egg and buttermilk, mixing well. Grease a 9-inch iron skillet with oil or bacon drippings. Heat in a 400° oven for 3 minutes or until very hot. Pour batter into hot skillet, and bake at 400° for 20 to 25 minutes or until golden brown.
### Nutrition Facts

**Servings Per Recipe**: 12  
**Amount Per Serving**

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<table>
<thead>
<tr>
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<tbody>
<tr>
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<td>114</td>
<td>5% of total calories from fat</td>
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<tr>
<td>Total Fat</td>
<td>0.6g</td>
<td>Sodium 100mg</td>
</tr>
<tr>
<td>*Vitamin A</td>
<td>1%</td>
<td>*Vitamin C 2%</td>
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<tr>
<td>*Calcium</td>
<td>5%</td>
<td>*Iron 6%</td>
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**Servings Per Recipe**: 10  
**Amount Per Serving**

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<tbody>
<tr>
<td>Calories</td>
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<td>19% of total calories from fat</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>*Vitamin A</td>
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<tr>
<td>*Calcium</td>
<td>5%</td>
<td>*Iron 5%</td>
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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
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