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Oatmeal Raisin Muffins

1 cup buttermilk (you can make a substitution by putting 1 tablespoon lemon juice or white vinegar in a 1 cup measuring cup and adding milk to make a cup)

1 cup rolled oats (regular or quick)

¼ cup raisins

1 medium carrot, grated

1 cup flour (use any combination of whole wheat, King Arthur white whole wheat, or white)

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt, if desired

3 tablespoons ground flax seed

¼ cup canola oil

1/3 cup packed brown sugar

1 egg

1. Preheat the oven to 400 degrees and spray a 12 cup muffin tin with cooking spray.
2. In a medium bowl, combine the milk, oats, raisins, grated carrot, oil, brown sugar and egg. Let the mixture stand while you prepare the other ingredients.
3. In a larger bowl, combine the flour, baking powder, baking soda, salt, and flax seed.
4. Add the wet ingredients to the dry. Stir just enough to moisten and combine the ingredients.
5. Divide the batter between the 12 greased muffin cups and bake for about 20 minutes or until a piece of spaghetti stuck into a muffin comes out dry.

Keep them in the freezer-grab one on your way out the door so you'll have a snack to enjoy later.

Notes from Hilary: instead of the carrot, you could add some variation of a mashed banana, chopped cranberries, blueberries, and/or 1 teaspoon vanilla to the wet ingredients. A teaspoon of cinnamon or smaller amount of other spices as well as ¼ cup chopped walnuts could be added to the dry ingredients. A little grated lemon rind goes really well with mashed banana and walnuts.

Recipe adapted from an Oatmeal Raisin Muffin recipe in Jane Brody's Good Food Book, 1985.