



Megastar Muffins

Makes 6 (2-muffin) servings

Nutrition information
per serving:

Calories:	289
Carbohydrate:	63 g
Protein:	3 g
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	297 mg
Dietary Fiber:	2 g

It's So Easy.

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INGREDIENTS

- Nonstick cooking spray
- 1 14-ounce box oat bran muffin mix
- 3/4 cup orange juice OR apple juice
- 1 cup finely chopped fruit (apricots, mangos, plums, apples OR pears)
- 3/4 cup golden raisins OR chopped dried fruit

PREPARATION

1. Preheat oven to 425°F. Lightly coat 12 muffin cups with nonstick cooking spray.
2. Combine muffin mix, juice, chopped fruit and dried fruit in a medium bowl. Mixture should be moist.
3. Spoon batter into muffin cups 2/3 full.
4. Bake 14 minutes or until a toothpick inserted in center comes out clean.
5. Remove muffins from pan and cool on wire rack.

Recipe courtesy of the
California Children's 5 a Day—Power Play! Campaign.



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