



# Multi-Grain Apricot Oat Muffins



**SERVINGS**

12



**COOKING TIME**

20 min

Made with wheat flour, wholesome oats and tangy apricot spread, Multi-Grain Apricot Oat Muffins make for a hearty and filling snack or a great addition to breakfast. Not only can you enjoy these apricot muffins straight from the oven, but you can freeze them up to 6 months for ready to go muffins anytime.

## Ingredients

- 1 cup [Quaker® Oats \(quick or old fashioned, uncooked\)\\*](#)
- 1 cup wheat flour
- 1/2 cup packed brown sugar
- 1/3 cup Kretschmer wheat germ, honey crunch or regular
- 2 tsp baking powder
- 1 ½ tsp grated orange peel
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 2 egg whites, lightly beaten
- 1 cup fat-free milk
- 1/4 cup vegetable oil
- 1/4 cup apricot fruit spread, plus additional for glaze
- Oats, for topping

## Cooking Instructions

1. Heat oven to 400°F.
2. Place paper muffin liners in 12 regular muffin cups; set aside.
3. In large bowl, combine oats, flour, brown sugar, wheat germ, baking powder, orange peel, cinnamon and salt; mix well.
4. Combine egg whites, milk and oil; mix well.
5. Add to dry ingredients all at once; mix just until blended.

6. (Batter will be thin.)
7. Fill each prepared muffin cup 1/3 full with batter.
8. Carefully spoon 1 teaspoon apricot fruit spread in the center of each muffin cup.
9. Spoon remaining batter over fruit spread, dividing evenly.
10. Sprinkle each filled muffin cup with oats.
11. Bake 20 to 22 minutes or until golden brown.
12. Remove from oven to wire rack.
13. Lightly brush additional fruit spread onto the warm muffin tops to glaze.
14. Let stand 10 minutes.
15. Remove from pans.
16. Serve warm.
17. To freeze, wrap cooled muffins securely in foil, or place in freezer bag.
18. Seal, label and freeze up to 6 months.