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MUFFIN MANIA

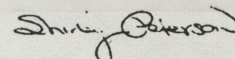
Muffins are now a \$650 million item in the U.S. Health conscious consumers think they're getting a nutritious snack that beats donuts or sweet rolls, but guess again! Depending on the sweetness and amount of fat in the product, you could be indulging in an item that has as many calories and fat as a cream filled donut! A large sweet commercial muffin ranges from a low of 200 calories to 400 for some of the Mister Donut brands of bran muffins! Up to 1/3 of the total calories come from fat in some muffins!

If you want to make your own healthful muffin try the Tufts University muffin-- it's geared for a low-sodium, low-cholesterol diet, and has only 171 calories per muffin. It's a real "solid" type of muffin with this amount of oat bran, but has a nice spicey flavor. Make a batch-freeze the surplus for later use.

Pumpkin-oat Muffins

1-1/3 cups oat bran	1/2 tsp nutmeg
1 cup rolled oats	1/2 tsp ginger
1-1/4 cups skim milk	3/4 cup pumpkin, fresh (cooked) or canned
3/4 cup whole-wheat flour	2 egg whites or 1/4 cup egg substitute
1/2 cup brown sugar	2 tbsp vegetable oil
1 tbsp baking powder	1/2 cup raisins
1 tsp cinnamon	

Preheat oven to 400 degrees. Combine oat bran, rolled oats, and milk in a bowl. In a separate bowl, mix flour, brown sugar, baking powder, and spices. Blend pumpkin, egg whites, oil, and raisins in a third bowl and then add to



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oat-milk mixture. Add in the flour-sugar mixture and stir contents just until moist.

"Grease" 12 muffin tins with vegetable oil spray and divide the batter equally among them. Bake 20 to 25 minutes, or until lightly browned.