



Every bite of this hearty muffin is packed with pure energy! Oatmeal and dried cherries blend with fresh oranges for a low-fat, low-sugar breakfast taste that is far from ordinary. Yield 12 tasty muffins.

Ingredients:

- 1 cup Quick Cooking rolled oats
- 3/4 cup All-Purpose flour
- 1/4 cup Whole Wheat flour
- 1 tablespoon Baking Powder
- 1/2 teaspoon Baking soda
- 1/2 cup Brown Sugar
- 1 grated rind of a Whole Orange
- 1/2 cup Dried Cherries chopped
- 1/3 cup Low-fat Milk
- 1 Egg, beaten
- 1/4 cup Oil
- 1/4 cup Light Sour Cream
- 2 tablespoon Light Cream Cheese
- 1/4 cup Juice of one Orange



Instructions

1. Preheat the oven to 375 degrees and place 12 muffin liners in a muffin pan.
2. In a medium bowl, combine all of the dry ingredients together. Add the wet ingredients and mix until the dry ingredients are just moistened—Be careful to not over-mix.
3. Fill each muffin tin $\frac{3}{4}$ full. Bake for 20-25 minutes until golden brown. Enjoy.