## **OLO Muffins**

Source of fibres



1 ½ cup	Dat flakes	375 ml
½ cup	Flour, all purpose	125 ml
½ cup	Flour, whole wheat	125 ml
1 tsp	Baking powder	5 ml
½ tsp	Baking soda	2.5 ml
¼ tsp	Salt	1 ml
¼ сир	Vegetable oil	60 ml
1	Egg	1
1 cup	Milk	250 ml
½ cup	Sugar	125 ml
1 cup	Fruits of your choice (view variations below) 250 ml	



## Preparation

- 1. Preheat the oven to  $350^{\rm o}$  F (175° C). Oil a muffin pan or place paper baking cups into the pan.
- In a bowl, mix oat flakes, flours, baking powder, baking soda and salt.
- In a large bowl, combine oil, egg, milk and sugar. Add the chosen fruits and mix.
- 4. Add the flour mixture to the liquid mixture and stir gently.
- 5. Using a spoon, fill the muffin pan.
- 6. Bake in the oven for 30 minutes. Stick a toothpick in the center of the muffin; if it comes out clean, the muffins are ready!



## For step #3

- 1. 1 cup (250 ml) of frozen fruits (ex: blueberries, raspberries, strawberries, blackberries, etc.)
- 2. 1 mashed banana + 1/3 cup of chocolate chips
- 3. I medium apple, peeled and diced
- 4. 1 cup (250 ml) of pureed squash +  $\frac{1}{2}$  tsp (2.5 ml) of ground nutmeg +  $\frac{1}{2}$  tsp (2.5 ml) of cinnamon
- 5. 1 medium pear, diced + 1/3 cup (80 ml) of dried cranberries, chopped
- 6. 1 cup (250 ml) of grated carrot +  $\frac{1}{2}$  cup (60 ml) of dried raisins +  $\frac{1}{2}$  tsp (2.5 ml) of cinnamon





Adapted from: fondationolo.ca



Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,000 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interventions in nutrition counselling, perinatal and social support, and community development help families feel empowered.