

This Free E–Book is brought to you by Natural–Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Oatmeal–Apple–Raisin Muffins

By LeAnn R. Ralph

Oatmeal–Apple–Raisin Muffins

by: **LeAnn R. Ralph**

These muffins are not only tasty, but they're also a good source of fiber. In recent years, health experts have come to realize that fiber is an important part of a heart–healthy diet. Using Canola oil also increases the health benefits of these muffins. 1 egg 1 cup buttermilk (or 1 cup of milk with 1 tablespoon of lemon juice added) 1 cup oatmeal (either quick–cooking or old–fashioned oatmeal; I like to use the old–fashioned) 1/2 cup of brown sugar 1/2 cup cooking oil 2 cups flour 1 teaspoon baking powder 1/2 teaspoon salt 1/2 teaspoon baking soda 1/4 to 1/2 teaspoon cinnamon 1 apple chopped

1/2 cup raisins 1/2 cup chopped walnuts (optional)

Pre–heat oven to 375 degrees. Chop apple and put into a mixing bowl. Add the raisins. Measure out the remaining ingredients. Stir just until the dry ingredients are moistened. Grease muffin cups and fill to 2/3 full. Bake for 20 to 25 minutes or until golden brown. Allow to cool for 5 to 10 minutes, then remove from the muffin tins. Makes 2 dozen muffins.

Hint: Instead of greasing the muffin tins, use cupcake papers. That way you won't have to work so hard to scrub out your muffin tins.

LeAnn R. Ralph is the author of the books: "Christmas in Dairyland (True Stories from a Wisconsin Farm)" and "Preserve Your Family History (A Step–by–Step Guide for Writing Oral Historyies)." You are invited to order a book from Rural Route 2. You also are invited to sign up for the FREE! monthly newsletter, Rural Route 2 News. Visit —

<http://ruralroute2.com>

bigpines@ruralroute2.com

Meal Planning Help: Meal One

By Monica Resinger

It's nice when I find a meal where the foods compliment each other because it simplifies my life by knowing what to serve with what. Of course I don't have to stick to any one meal plan; I can mix and match the main dishes and sides, but a lot of the time I'm in a hurry and don't have a lot of time to think about it. I already have quite a few meals like this up my sleeve, but when I find a NEW one to add to my collection I get happy because it adds a little more variety to our meal choices.

I'd like to share some of my new and old meal plans with you in hopes of helping you with the question 'what do I make for dinner'. Here's a meal that we have tried lately where the foods complimented each other really well. The food items aren't necessarily new for us, but the flavors are and that makes a big difference.

The Meal: Honey Barbecue Meatloaf Ranch Mashed Potatoes Your choice of vegetable (I just heat up a can of green beans or corn) Apple Cinnamon Muffins with Honey Cinnamon Butter

Make Ahead Tips: You can make the Honey Cinnamon Butter ahead of time and refrigerate until serving. You can also prepare the meat loaf and refrigerate it before baking.

The Recipes:

Honey Barbecue Meat Loaf

I'm not usually a meat loaf eater but I love this one and the family does too.

1 envelope dry onion soup mix
1 egg
1/2 cup oats — quick cooking
1/3 cup barbecue sauce — honey flavored
1/4 cup chopped onion
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce
1 tablespoon mustard — prepared
1/2 teaspoon garlic powder
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon chili powder
1 pound ground beef
ketchup

In a large bowl, stir together soup mix, egg, oats, barbecue sauce, onion, brown sugar, Worcestershire sauce, mustard, garlic powder, salt, pepper and chili powder. Add beef and mix well. Press into an ungreased 8-in. x 4-in. x 2-in. loaf pan. Bake at 350* for 1 hour. Top with ketchup. Bake 5–10 minutes

Oatmeal–Apple–Raisin Muffins

longer or until meat is no longer pink and a meat thermometer reads 160*. Let stand 10 minutes before serving.

Ranch Mashed Potatoes

Make mashed potatoes as you usually do but omit the butter and add ranch dressing and cream cheese to taste along with less milk than usual. Top with grated cheddar cheese.

Apple Cinnamon Muffins

My kids love these (so do I) and there's never any leftovers because of this. We also make them for breakfast. Be sure to try them with 'Honey Cinnamon Butter' (recipe follows).

1 1/2 cups all–purpose flour
1/2 cup sugar
1 3/4 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 egg
1/2 cup milk
3 tablespoons vegetable oil
3 tablespoons applesauce
1 medium tart apple — peeled & grated
topping:
1/4 cup packed brown sugar
1 tablespoon all–purpose flour
2 tablespoons butter or margarine — cold
1/2–cup oatmeal — old fashioned

In a bowl, combine the first six ingredients. Add the egg, milk, oil and applesauce and stir until just moistened. Fold in apple. Fill greased or paper–lined muffin cups two–thirds full. For topping, combine brown sugar and flour. Cut in butter until crumbly. Stir in oats. Sprinkle over muffins. Bake at 400* for 18–22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm with Honey Cinnamon Butter (recipe follows). Yield: 1 dozen.

Honey Cinnamon Butter

1 cup butter or margarine, softened
1/2 cup honey
1 teaspoon ground cinnamon

Combine all ingredients in a small mixing bowl; beat until smooth. Serve with muffins, toast, bagels, French toast or pancakes. Refrigerate any leftovers. Yield: 1 1/3 cups.

In the meantime, keep your eyes open for Meal Two.

Oatmeal–Apple–Raisin Muffins

Copyright, Monica Resinger

Monica Resinger is editor of Creative Home, Creative Gardening and Creative Home Money ezines. Join one or all of these fun and informative ezines and get answers to your homemaking, gardening or money questions! Our readers are sure to have an answer for you. One informative article is also included in each issue. For more information, go to:

<http://www.geocities.com/plantldy.geo>

or send a

blank e–mail to the appropriate address to join:

CreativeHome–subscribe@egroups.com

CreativeGardening–subscribe@egroups.com

CreativeHomeMoney–subscribe@egroups.com

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!