



# Vanilla Peach Muffins

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Recipe Source: [www.inspiredtaste.net](http://www.inspiredtaste.net)

## Ingredients:

- 1 cup whole wheat flour
- ½ cup oat flour
- 6 Tbsp sugar, plus 1 ½ tsp for muffin tops
- 2 tsp baking powder
- 1 tsp ground ginger, plus 1/8 tsp for muffin tops
- 1 tsp ground cinnamon, plus 1/8 tsp for muffin tops
- ½ tsp salt
- ¼ cup vegetable or canola oil
- 1 egg
- ½ cup low-fat milk (approximately)
- 1 ½ tsp vanilla extract
- 1 large peach (about 1 ¼ cups), pit removed and finely diced

## Steps:

- Heat oven to 400°F. Spray a standard 12-cup muffin tin lightly with cooking spray or line with baking cups.
- Whisk flour, 6 Tbsp sugar, baking powder, 1 tsp ginger, 1 tsp cinnamon, and salt until well blended.
- In a 1-cup liquid measure, combine vegetable oil and egg. Pour enough milk to reach the 1 cup line. Add vanilla extract and whisk until blended.
- Pour wet ingredients into dry and stir gently with a fork just until combined. Do not over-mix or muffins will be tough. Muffin batter will be thick.
- Gently fold in peaches then divide batter among the muffin cups, about ¾ full.
- Make sugar topping by combining remaining 1 ½ tsp sugar, 1/8 tsp ginger, and 1/8 tsp cinnamon. Lightly sprinkle spiced sugar over muffins.
- Bake muffins about 15-18 minutes, just until tops are lightly golden and centers do not stay indented when pressed gently with a finger. Let muffins cool in tin for 5 minutes, then transfer to a wire rack to cool completely.

*Tips from the Test Kitchen: If you prefer less of a whole wheat taste or texture, you can use all oat flour. To make oat flour, just blend up old-fashioned oats until you have a fine powder.*

**Nutritional Facts (per serving):** Calories: 207, Carbohydrates: 30 grams, Protein: 4 grams, Total Fat: 9 grams, Saturated Fat: 1 gram, Cholesterol: 24 mg, Sodium: 167 mg, Fiber: 3 grams, Total Sugars: 14 grams.