

## MUFFINS - OATMEAL

1 c quick cooking rolled oats

1 c milk

1 c barley flour

1/3 c sugar

1 well beaten egg

1 T baking powder

1/2 t salt

1/3 c oil or butter (melted)

Dry ingredients in bowl. Mix egg and oil with oatmeal and milk mixture. Add dry ingredients to oatmeal and milk just till moistened. Fill muffin cups 2/3 full. Bake at 42 degrees for 20 to 25 min. Grease muffin pan if not using cupcake liners. Makes 1 dozen.