

Farm Market Recipe



Pumpkin-Oatmeal Muffins

Ingredients:

- 3½ cups old-fashioned rolled oats
- 1½ cups reduced-fat milk
- 1 cup unseasoned pumpkin puree
- ½ cup light brown sugar
- 1½ teaspoons vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- ¾ teaspoon salt
- 2 large eggs, lightly beaten
- ½ cup chopped pecans

Directions:

1. Preheat oven to 375 degrees F. Stir oats, milk, pumpkin, brown sugar, vanilla, baking powder, pumpkin pie spice, salt and eggs together in a large bowl until fully incorporated.
2. Lightly coat a 12-cup muffin tin with cooking spray. Spoon the batter into the prepared muffin cups, filling each almost to the top. Sprinkle evenly with pecans.
3. Bake the muffins until a toothpick inserted in the center comes out clean, 25 to 30 minutes. Let cool in the pan for 10 minutes, then transfer to wire rack. Serve warm or at room temperature.

Tip

To make ahead: Wrap airtight and refrigerate for up to 2 days or freeze for up to 3 months.

Nutrition Facts:

Servings: 12 muffins Serving Size: 1 muffin
Per Serving: calories 183; protein 6g; carbohydrates 28g; dietary fiber 3g; total sugars 11g; added sugars: 8g; total fat 6g; saturated fat 1g; cholesterol 33mg; vitamin A 3240IU; vitamin C 1mg; folate 20mcg; sodium 212mg; calcium 87mg; iron 2mg; magnesium 38mg; potassium 207mg.

Recipe from eatingwell.com