



October Oatmeal Pumpkin Muffins

Jacob · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

40 mins

Description

These oatmeal pumpkin muffins are a great autumn breakfast

Ingredients

- - no-stick cooking spray - $\frac{1}{2}$ cup all-purpose flour - $\frac{1}{2}$ cup whole wheat flour - $\frac{1}{2}$ cup white sugar - 1 teaspoon salt - 1 teaspoon pumpkin pie spice - $\frac{3}{4}$ teaspoon baking powder - $\frac{1}{2}$ teaspoon baking soda - $\frac{1}{2}$ teaspoon ground cinnamon - $\frac{1}{2}$ teaspoon ground nutmeg - 1 $\frac{1}{4}$ cups pumpkin puree - $\frac{1}{2}$ cup milk - 2 eggs
- beaten - $\frac{1}{4}$ cup maple syrup - $\frac{3}{4}$ cup quick-cooking rolled oats

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Spray 6 muffin cups with cooking spray. Whisk all-purpose flour
2. whole wheat flour
3. sugar
4. salt
5. pumpkin pie spice
6. baking powder
7. baking soda
8. cinnamon
9. and nutmeg together in a large bowl until thoroughly combined. Stir pumpkin puree
10. milk
11. eggs
12. and maple syrup into flour mixture until batter is smooth; fold oats into batter. Scoop batter into prepared muffin cups
13. filling them to the top. Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean
14. 20 to 30 minutes; set aside to cool 5 to 10 minutes before serving. Cook's Note: Recipe quantities supply enough batter for 6 very large muffins
15. 9 regular-sized muffins
16. or 12 miniature muffins. Larger muffins may need the full baking time.