



MORNING GLORY OATMEAL MUFFINS

Difficult to decide between a muffin and oatmeal? Get the best of both worlds with this fall inspired recipe! These muffins are moist, delicious, and perfect for breakfast or a snack.



PREP TIME
15 MIN



COOK TIME
20 MIN



SERVINGS
12 MUFFINS

Ingredients

DRY INGREDIENTS:

- 2 cups oats (any kind)
- 1.5 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp salt

WET INGREDIENTS:

- 2-3 very ripe bananas, smashed
- 2 eggs
- 2 tsp vanilla
- 3 tbsp honey
- ¼ cup milk of your choice

OTHER INGREDIENTS:

- 1 large apple (~1 cup), grated
- 1 cup carrots, grated
- ½ raisins
- ½ cup chopped nuts, *optional*

Instructions

1. Preheat the oven to 375°F and either line muffin tin with paper liners or grease.
2. Mix dry ingredients: In a large bowl, combine/whisk oats, baking powder + soda, spices, and salt.
3. Mix wet ingredients: In another bowl, whisk together bananas, eggs, vanilla, honey, and milk.
4. Combine the wet and dry ingredients, stirring just until blended.
5. Fold in the other ingredients.
6. Pour batter into the muffin tin/cups.
7. Bake for 20 minutes, until a toothpick inserted in the center comes out clean. If needed, bake muffins for an additional 3 minutes and repeat until done.
8. Cool in the pan for 5-10 minutes, then transfer to a wire rack to cool completely.

Notes:

- Muffins are best when they set overnight once baked. Feel free to use other sweeteners and try different dried fruit if you want.
- Storage: Store the muffins in an airtight container at room temperature for up to 3 days or refrigerate for up to a week.