

Oatmeal Pumpkin Chocolate Chip Muffins

YIELD: 12 MEDIUM MUFFINS

TOTAL TIME: ABOUT 45 MINUTES, FOR COOLING

PREP TIME: 5 MINUTES

COOK TIME: ABOUT 23 MINUTES

INGREDIENTS:

- 1 large egg
- 1/2 cup pumpkin puree
- 1/2 cup unsweetened vanilla almond milk
- 1/4 cup maple syrup
- 1/4 cup canola oil (or substitute banana, applesauce, or more pumpkin)
- 2 teaspoons vanilla extract
- 2 teaspoons pumpkin pie spice
- pinch salt, optional
- 3 cups old-fashioned whole rolled oats (do not use quick-cook or instant)
- 2 teaspoons baking powder
- 1/4 cup semi-sweet mini chocolate chips (mini recommended, but regular-sized chips may be substituted)

DIRECTIONS:

1. Preheat oven to 350F. Spray a non-stick 12-cup regular muffin pan with cooking spray; set aside.
2. To a large bowl, add the first 9 ingredients (through optional salt), and whisk to combine.
3. Add the oats, baking powder, and stir to combine.
4. Add the chocolate chips and stir to combine.
5. Evenly distribute the batter into the muffin pan.
6. Bake for about 23 minutes, or until tops are set both visually and when touched lightly, and a toothpick inserted in the center comes out clean. Be careful not to overbake because muffins will be prone to drying out. Allow muffins to cool in pan for about 20 minutes before removing and placing on a rack to cool completely. Muffins will keep airtight at room temperature for up to 5 days, or in the freezer for up to 6 months.

Adapted from: <https://www.averiecooks.com/2014/11/oatmeal-to-go-pumpkin-chocolate-chip-muffins.html>

Nutrition Facts	
12 servings per container	
Serving size 1 serving (51g)	
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 65mg	3%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	9%
Total Sugars 8g	
Protein 3g	
Vit. D 0mcg 0%	• Calcium 54mg 4%
Iron 2mg 10%	• Potas. 0mg 0%