

Pumpkin Spice Oatmeal Muffins

- 1 1/2 cups all-purpose flour (or 3/4 cup whole wheat flour + 3/4 cup all-purpose flour)
- 1 cup quick oats
- 3/4 cup brown sugar (or substitute brown sugar sweetener for all or part)
- 1 Tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 teaspoons pumpkin pie spice
- 1 egg, slightly beaten
- 1 cup pumpkin puree
- 3/4 cup low-fat milk
- 1/3 cup oil

TOPPING (optional):

- 1/4 cup quick oats
- 1 Tablespoon brown sugar
- 1 Tablespoon melted margarine or butter
- 1/8 teaspoon pumpkin pie spice

Directions:

1. Wash hands with soap and water. Spray mini-muffin tins with cooking spray or use mini-muffin liners. You could also use regular-sized muffin tins and liners. Turn oven to 400 degrees F.
2. In a medium bowl, combine flour, oats, brown sugar, baking powder, baking soda, salt, and pumpkin pie spice.
3. Break egg into a small bowl. Wash hands with soap and water after cracking raw egg. Add pumpkin, milk, and oil to egg. Mix well.
4. Add liquid ingredients to dry ingredients and stir until just moistened. Fill muffin cups two-thirds full.
5. Mix topping ingredients. Sprinkle topping evenly over muffins. Bake mini-muffins for 8 to 12 minutes or until evenly browned. Bake regular-sized muffins for 15 to 18 minutes.

Pumpkin Pie Spice Mix: make your own batch to keep on hand with 2 teaspoons ground cinnamon, 1 teaspoon ground ginger, 1 teaspoon ground allspice, and 1/2 teaspoon ground nutmeg.

Nutrition Information:

Serving size: 1 mini muffin, no ingredient changes.

Calories 69; total fat 2.4g; saturated fat 0.4g; sodium 96mg; total carbohydrates 11g; total sugars 5g; protein 1.3g.

Adapted from: <https://food.unl.edu/recipe/mini-pumpkin-spice-oatmeal-muffins/>

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<https://www.uaex.edu/counties/white/small-steps-to-healthy-habits/>