

Spiced Oatmeal Muffins

Easy-to-make and packed full of spices, these muffins can be made in a flash and make a perfect snack or part of breakfast!

Preparation Time: 35 min.

Cooking Time: 20 min.

Servings: 22-24

Ingredients:

Amount	Ingredient	Cost – date:
2 cups	Rolled Oats (gluten free if needed)	
2 cups	Buttermilk (dairy free if needed)	
2 cups	Flour (combination of all-purpose OR whole wheat flour)	
2 tsp	Baking Powder	
1 tsp	Baking Soda	
1 tsp	Salt	
2 tsp	Cinnamon	
1 tsp	Nutmeg	
1 cup	Brown Sugar, packed	
2	Eggs	
1 cup (2 sticks)	Butter, unsalted, melted & cooled (dairy free if needed) or oil	
1 tsp	Vanilla Extract	
Optional	1 cup chopped nuts, raisins or cranberries or chocolate chips	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. In a large bowl, stir together oats and buttermilk. Allow to sit at room temperature for 30 minutes to 1 hour.
2. Preheat oven to 400°F and line 22 to 24 muffin cups with paper liners. In a medium bowl, whisk together flour, baking powder, baking soda, salt, cinnamon, and nutmeg; set aside.
3. After oats have finished soaking, stir brown sugar and eggs into the oatmeal/buttermilk mixture. Mix in melted butter and vanilla, and then blend in flour mixture and optional add-ins (if using) until just combined.
4. Evenly divide batter between prepared muffin cups. Bake for 15 to 20 minutes or until tops of muffins are golden brown and toothpick inserted into center of muffin comes out clean. Cool muffins in pan for a few minutes before turning out onto a cooling rack to finish cooling completely.

SOURCE: www.fiveearthome.com

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