

Mini-Pumpkin Spice Oatmeal Muffins

Yield: 36 mini-muffins

Ingredients:

- 1 ½ cups all-purpose flour
- 1 cup quick oats
- ¾ cup brown sugar
- 1 Tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 ½ teaspoon pumpkin pie spice
- 1 egg, slightly beaten
- 1 cup pumpkin puree
- ¾ cup low-fat milk
- ⅓ cup oil
- ¼ cup quick oats (for topping)
- 1 Tablespoon brown sugar (for topping)
- 1 Tablespoon melted margarine or butter (for topping)
- ⅛ teaspoon pumpkin pie spice (for topping)



PHOTO PROVIDED BY NANCY ABASIEKONG

Directions:

1. Wash hands with soap and water. Spray mini-muffin tins with cooking spray or use mini-muffin liners.
2. In a medium bowl, combine flour, quick 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 at 400°F for 8 to 12 minutes or until evenly browned. Bake regular-sized muffins for 15 to 18 minutes.

Nutrition Information: Serving Size (1 muffin): Calories 69, Total Fat 2.4g, Saturated Fat 0.4g, Sodium 96mg, Total Carbohydrates 11g, Fiber 0.6g, Total Sugars 5g, Protein 1.3g

SOURCE: UNIVERSITY of NEBRASKA-LINCOLN

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