



Oatmeal Maple & Pecan Muffins

Camine Pappas / Makes 12 regular size muffins / May 2020

INGREDIENTS:

1 C old fashioned oats (not the Quick Cooking kind)
1 ¼ C milk (I used whole milk. 2% would work but 1% or skim will definitely affect texture)
1 large egg, beaten
2 T real maple syrup
2 t vanilla extract
¼ t ground cinnamon
¼ t kosher salt
¼ C light vegetable oil
2 C all-purpose flour
¼ C granulated sugar
2 t baking powder
¾ C chopped pecans

METHOD:

Lightly butter the tins of a muffin pan and preheat oven to 375 degrees F.

In one bowl combine the oatmeal and the milk. Stir well and let sit for 5 minutes. Then add the egg, vanilla, cinnamon, maple syrup, and oil. Mix well with a whisk until blended. In another bowl combine the sugar, flour, salt and baking soda. Mix with a fork to combine. Add the wet to the dry and with a large spoon or spatula, fold together just once or twice. Now add the chopped pecans and blend all until combined. DO NOT over stir. Batter will be thick. If when you grab a spoonful and lift it up and nothing falls off the spoon add another T of milk. Gently fold that in.

Divide batter evenly among tins and bake until golden brown, about 20-23 minutes.

Turn out onto a wire cooling rack. Serve warm with lots of butter!



©Recipe and Photo Copyright Camine Pappas, 2020. All rights reserved.