

Oatmeal Muffins

Recipe By *Brynie Greisman*



Cooking and Prep:  40
m

Serves:  10

Contains:   

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Low Fat,
Pescetarian

Source: Family Table by
Mishpacha Magazine

Everyone knows that nothing beats a bowl of hot oatmeal for breakfast. These muffins are a close second, and you can just pop one in a bag to take along to school. Whether you decide to make them as I did with carrots or personalize them with zucchini or other ingredients you favor, these are a storehouse of nutrition. Believe it or not, they taste delicious, even low-fat!

Ingredients (12)

Main ingredients

- 2 cups whole wheat pastry flour
- 1 cup quick oats
- 1 tablespoon **Haddar Baking Powder**
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

- 1/2 heaping cup brown sugar
 - 1 and 1/2 teaspoons cinnamon
 - 2 eggs
 - 1/2 cup oil
 - 1 and 1/2 cups sour **Gefen Soy Milk** (see note)
 - 1 teaspoon **Gefen Vanilla Extract**
 - 3 grated carrots (approximately 1 cup)
-

Start Cooking

Prepare the Muffins

Yields 14 muffins. These muffins freeze beautifully.

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Mix together flour, oatmeal, baking powder, baking soda, salt, brown sugar, and cinnamon in a large bowl.
3. Make a well in the center. Pour in the eggs, oil, sour soy milk, and vanilla. Mix just until combined. Add carrots and mix just until incorporated. (Never overmix muffins. Texture, and hence flavor, will be altered.)
4. Pour into muffin tins lined with cupcake holders, about 1/3 of each tin. Bake for 25-30 minutes or until golden brown on top. Remove from pan and let cool.

Note:

To make sour soy milk, pour 1 and 1/2 - 2 tablespoons vinegar in the bottom of a measuring cup. Add soy milk to the 1- and- 1/2- cup-line and let sit at room temperature until mixture curdles.

Variation:

- Feel free to play around with ingredients here. Use this recipe as a base and then add/sub mini chocolate chips, raisins, grated or chopped apples, etc. Top with cinnamon and sugar or sliced almonds if desired.
- I made these muffins with 1/2 cup of applesauce in place of the oil and they were perfect. Just be sure to spray the cupcake holders with cooking spray before filling.

Credits

Photography: Hudi Greenberger.

Food Styling: Renee Muller.