

PUMPKIN OATS & HONEY MUFFINS



BY KATIE GILGENBACH

Ingredients

- 2 cups oats
- 1 cup plain nonfat greek yogurt
- ½ cup honey
- 1 cup canned pumpkin
- 1 ½ tsp baking powder
- ½ tsp baking soda
- 1 tsp pumpkin pie spice
- ½ cup chopped walnuts

Instructions

1. Preheat oven to 400 degrees and spray muffin pan with non-stick cooking spray.
2. Place all liquid ingredients in the blender (including pumpkin), and then blend adding oats in ½ cup at a time until smooth. You will probably need to stop the blender a few times to stir. Stir in chopped walnuts after blending is complete.
3. Divide batter among 12 muffin cups and bake for 20 minutes or until toothpick comes out clean.

Optional Ingredients: raisins, dried cranberries, dark chocolate chips, pecans

Nutrition Facts

Servings 12

Amount Per Serving

Calories 119

% Daily Value *

Total Fat 4g 7 %

Saturated Fat 1g 4 %

Monounsaturated Fat 1g

Polyunsaturated Fat 2g

Trans Fat 0g

Cholesterol 0mg 0 %

Sodium 384mg 16 %

Potassium 77mg 2 %

Total Carbohydrate 20g 7 %

Dietary Fiber 1g 4 %

Sugars 15g

Protein 2g 5 %

Vitamin A 1 % **Vitamin C** 0 %

Calcium 3 % **Iron** 3 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.