

BREAKFAST

Oatmeal Muffins

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	10	\$0.23	154 kcal

The recipe Oatmeal Muffins can be made in roughly 45 minutes. This breakfast has 154 calories, 3g of protein, and 5g of fat per serving. This recipe serves 10. For 23 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies and c...

Ingredients

- ☐ 1 tablespoon baking powder
- ☐ 3 tablespoons butter, melted
- ☐ ½ cup chopped dates
- ☐ 1 large egg, lightly beaten
- ☐ ¾ cup all-purpose flour
- ☐ ¾ cup milk
- ☐ 1 cup uncooked regular oats
- ☐ ½ teaspoon salt
- ☐ ¼ cup sugar

EQUIPMENT Oven, Mixing bowl

Method

- 1

Combine flour and next 5 ingredients in a large mixing bowl; make a well in center of mixture. Stir together milk, melted butter, and lightly beaten egg; add to dry ingredients, and stir just until moistened.
- 2

Spoon batter evenly into lightly greased muffin pans, filling two-thirds full.
- 3

Bake at 425 for 15 minutes.

Nutrition per serving

154

KCAL

3 g

PROTEIN

5 g

FAT

24 g

CARBS

Saturated Fat

2.8 g · 17% of daily needs

Fibre

1.7 g · 7% of daily needs

Sugar

10.7 g · 12% of daily needs

Sodium

285 mg · 12% of daily needs

Cholesterol

29.8 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/oatmeal-muffins-148053