



Oatmeal Muffins (Oat Flour Muffins)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 1 banana whole cold
- ☐ 0.5 tsp cinnamon
- ☐ 1 cup plant-based milk
- ☐ 1 dash nutmeg
- ☐ 2 cups oat flour
- ☐ 0.5 cups rolled oats

Equipment

- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Transfer rolled or instant oats to a blender and whiz for a few seconds until flour forms. Carefully spoon out 2 cups of oat flour and transfer to a mixing bowl.
- ☐ Whisk in baking powder, cinnamon, nutmeg and sugar, and set aside.
- ☐ Add nondairy milk and banana to the blender and whiz until well combined.
- ☐ Pour into oat flour mixture, add raisins and stir to combine. It should be rather soupy.
- ☐ Add a handful (about 1/3 cup) rolled oats and stir. If it's still runny, add more oats. I usually add about 1/2-cup total. The batter should be thick like oatmeal (ha ha!) but not dry. Set batter aside and preheat oven to 375F. Grease a muffin pan and spoon batter into the pan. The batter will thicken and get a little sticky/tacky as it sets. If it's so thick you can't stir it easily, thin it out with a little nondairy milk, but you shouldn't need to. It should be thick like oatmeal or heavy mashed potatoes. Spoon into 12 cups, top with cinnamon (and brown sugar if you like) and bake 10–15 minutes, or until firm to the touch and a toothpick inserted comes out clean. Note: If you have a rather ripe (very sweet) banana, you probably don't even need the sugar, especially if you're used to eating unsweetened oatmeal. Or you could add a few dates in with the nondairy milk and banana for a naturally sweet alternative.

- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 30g
- ☐ Carbohydrate
- ☐ 60g Dietary Fiber 2.20g Sugars 2.30g Protein 3.20g

Nutrition Facts



 PROTEIN 14.19%  FAT 21.17%  CARBS 64.64%

Properties

Glycemic Index:24.98, Glycemic Load:2.44, Inflammation Score:-2, Nutrition Score:6.7426085886748%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 115.67kcal (5.78%), Fat: 2.76g (4.24%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 16.99g (6.18%), Sugar: 2.4g (2.66%), Cholesterol: 2.44mg (0.81%), Sodium: 93.12mg (4.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Manganese: 0.98mg (48.76%), Phosphorus: 144mg (14.4%), Selenium: 8.27µg (11.81%), Vitamin B1: 0.17mg (11.25%), Magnesium: 38.98mg (9.75%), Calcium: 84.55mg (8.45%), Fiber: 1.97g (7.89%), Iron: 1.07mg (5.92%), Zinc: 0.86mg (5.77%), Copper: 0.11mg (5.49%), Potassium: 153.04mg (4.37%), Vitamin B2: 0.07mg (3.86%), Vitamin B6: 0.08mg (3.86%), Folate: 9.52µg (2.38%), Vitamin B3: 0.42mg (2.11%), Vitamin B5: 0.19mg (1.87%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.18mg (1.18%), Vitamin C: 0.86mg (1.04%)