



Strawberry Oatmeal Muffins



Vegetarian



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



206 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups old fashioned oats
- ☐ 1 cup yogurt plain
- ☐ 0.5 pound strawberries
- ☐ 2 teaspoons granulated sugar white
- ☐ 1 teaspoon balsamic vinegar
- ☐ 2 eggs
- ☐ 0.5 cup butter unsalted melted (1 stick)
- ☐ 0.5 cup brown sugar packed ()

- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup all purpose flour
- ☐ 1 Tbsp double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground pepper black finely
- ☐ 0.5 teaspoon cinnamon

Equipment

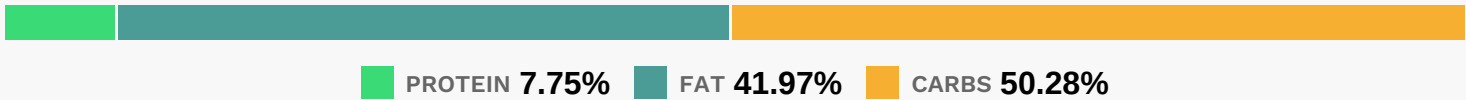
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ muffin liners
- ☐ muffin tray
- ☐ metal skewers

Directions

- ☐ Mix the oats and plain yogurt together in a large bowl.
- ☐ Prep then macerate strawberries with sugar and balsamic: Rinse and core the strawberries. Roughly chop the strawberries (I cut them in quarters lengthwise and then make one or two crosswise cuts). You should have about 1 1/2 cups of chopped strawberries.
- ☐ Place in a small bowl.
- ☐ Sprinkle with white sugar and balsamic vinegar. Gently stir to coat the strawberries with the sugar and vinegar.
- ☐ Preheat oven, prep muffin tin: Position a rack in the middle of the oven and preheat oven to 400°F. Prepare a 12-well muffin tin by coating with butter or lining with paper muffin cups.
- ☐ Whisk together in a medium bowl the flour, baking powder, baking soda, salt, finely ground black pepper, and cinnamon.

- ☐ Add the eggs, melted butter, brown sugar, and vanilla extract to the oatmeal and yogurt mixture. Stir until just incorporated.
- ☐ Stir flour mixture into oatmeal mixture: Use a wooden spoon to gently stir the flour mixture into the oatmeal. Stir until just incorporated and the flour is moistened. Do not over-mix! Or your muffins will end up rubbery. The batter should be rather lumpy, not smooth.
- ☐ Gently fold in the strawberries, including any of the sugary vinegary liquid the strawberries have been sitting in.
- ☐ the batter evenly into the muffin tin wells or cups.
- ☐ Bake at 400°F until the tops are browned and the muffin bounces back when you gently press on the top with your finger tips, about 20 minutes. A bamboo or metal skewer inserted into the center should come out clean.
- ☐ Let cool for a couple minutes in the muffin tin before removing to serve.

Nutrition Facts



Properties

Glycemic Index:35.26, Glycemic Load:9.07, Inflammation Score:-4, Nutrition Score:6.6026086962741%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg, Pelargonidin: 4.7mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 206.3kcal (10.31%), Fat: 9.75g (15%), Saturated Fat: 5.63g (35.19%), Carbohydrates: 26.27g (8.76%), Net Carbohydrates: 24.7g (8.98%), Sugar: 11.68g (12.98%), Cholesterol: 50.27mg (16.76%), Sodium: 224.51mg (9.76%),

Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Protein: 4.05g (8.1%), Manganese: 0.48mg (24.06%), Vitamin C: 11.22mg (13.6%), Selenium: 8.96µg (12.81%), Phosphorus: 109.1mg (10.91%), Calcium: 107.63mg (10.76%), Vitamin B1: 0.13mg (8.97%), Vitamin B2: 0.14mg (7.94%), Folate: 31.56µg (7.89%), Iron: 1.25mg (6.95%), Fiber: 1.57g (6.28%), Vitamin A: 298.92IU (5.98%), Magnesium: 21.23mg (5.31%), Zinc: 0.64mg (4.24%), Vitamin B3: 0.82mg (4.1%), Vitamin B5: 0.38mg (3.79%), Potassium: 128.96mg (3.68%), Copper: 0.07mg (3.57%), Vitamin E: 0.41mg (2.72%), Vitamin B12: 0.16µg (2.61%), Vitamin B6: 0.05mg (2.26%), Vitamin D: 0.31µg (2.06%), Vitamin K: 1.44µg (1.37%)