

Oatmeal-Pumpkin Muffins

Servings: 12 Muffins

- 2 cups plus 2 tablespoons quaker® old fashioned oats
- ¾ cup whole-wheat flour
- ½ cup splenda®
- 2 teaspoon pumpkin pie spice
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon baking soda
- ¼ teaspoon ground cloves
- 1 cup canned pumpkin
- ¾ cup buttermilk
- 2 eggs
- 2 tablespoons canola oil



Lightly coat twelve 2½ –inch muffin cups with non-stick cooking spray; set aside. Paper muffin cups can also be used. Cool thoroughly before serving.

Place 2 cups of oats in a food processor; cover and process until fine. Transfer ground oats to a large bowl; stir in flour, splenda, pumpkin pie spice, baking powder, baking soda, salt and cloves. Make a well in center of oat mixture; set aside.

Whisk together pumpkin, buttermilk, eggs and oil in a medium bowl. Add pumpkin mixture all at once to oat mixture. Stir just until moistened (batter should be lumpy and thick).

Spoon batter into prepared muffin cups. Filling each 2/3 full. Sprinkle with 2 tablespoons oats. Bake in a 375°F oven for 20 minutes, or until a wooden toothpick inserted in the center comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size 1 Muffin | |
| Servings Per Container 12 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 35 |
| % Daily Value* | |
| Total Fat 4g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 20mg | 7% |
| Sodium 200mg | 8% |
| Total Carbohydrate 19g | 6% |
| Dietary Fiber 3g | 12% |
| Sugars 2g | |
| Protein 5g | |
| Vitamin A 60% | Vitamin C 0% |
| Calcium 6% | Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300 mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |