

Recipe of the Month – September 2023

Chocolate Chip Oatmeal Muffins

Serves: 12

Serving Size: 1 muffin

Cost per Serving: \$0.16

Ingredients:

- 1 cup old fashioned or quick cooking oats
- 1 cup milk
- 1/3 cup oil (canola or vegetable)
- 1/3 cup brown sugar
- 1 cup white all purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/3 cup mini chocolate chips



Directions:

1. Preheat oven to 375F. Spray a muffin tin with cooking spray or line with muffin liners.
2. Stir oats, milk, oil and brown sugar together in a medium bowl. Let oats soak in wet ingredients for 10 minutes.
3. Stir Flour, Salt, baking powder, and baking soda together in a small bowl. Stir dry ingredients into wet ingredients until just combined.
4. Stir in chocolate chips.
5. Divide batter into the muffin tins. Bake until the muffin are golden and a tester inserted into the center of a muffin comes out clean, about 14-16 minutes.
6. Store leftovers in airtight container.

Tips:

- Substitute fresh blueberries, raspberries, or dried cranberries for the chocolate chips.

Nutrition Facts per Serving: 170 calories, 8g total Fat (1.5g sat. fat),

0mg.Cholesterol, 200mg Sodium, 23g Carbohydrates, 1g Fiber, 10g Sugar, 3g Protein

*Recipe compliments of Iowa State University Extension and
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