

Greek Yogurt Oat Muffins

PREP TIME: 5 MINS

YIELDS: 12 MUFFINS

COOK TIME: 25-30 MINS

Ingredients

- 2 ½ cups rolled oats
- 2 raw eggs
- 1 ¼ cup whole milk yogurt, plain
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder
- 1 teaspoon baking soda

Nutrition Content for 1 Muffin

Calories: 119kcal Carbohydrates: 19g

Fat: 3g Fiber: 2g

Protein: 4g Added sugar: 6g

Sodium: 115mg



Directions

1. In a mixing bowl, combine ingredients and stir until smooth.
2. Preheat oven to 350°F.
3. Grease a muffin mold with nonstick cooking spray or softened butter.
4. Scoop mixture into each mold, dividing evenly (about 1/3 cup per muffin).
5. Bake for 20–25 minutes until firm and golden brown.
6. Allow to cool slightly before removing from the mold

Chef Tips/Adjustments

- Quick or regular old fashioned rolled oats can be used, but thick cut may not work as well.
- Add fruit, chocolate chips, coconut flakes, or any other fillings.
- Delicious with peanut butter spread otop!
- Flavored yogurt can be used in place of plain for added sweetness and flavor.
- This recipe can be stored in the refrigerator in a sealed storage bag or container, or frozen for future use.

Qualities

Texture: Chewy

Scent : 3/10

Spice Level: 0/10

Recipe Benefits

- Promotes Gut Health
- Anti-Nausea
- Anti-inflammatory
- Low Sodium

