FREE SAMPLE RECIPE · HAWKINC KITCHEN



Chocolate Chip Oatmeal Muffins

Developed by a registered dietitian for her own kids, these oatmeal muffins soak the oats in milk first for a soft, tender crumb, with mini chocolate chips in every bite and less sugar than a bakery muffin.

Makes 12 muffins | Serving: 1 muffin | About $0.16 per serving | 35 min

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 all-purpose flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/3 cup mini chocolate chips

Method

1. Heat the oven to 375 F and grease or line a 12-cup muffin tin.
2. Stir the oats, milk, oil and brown sugar together and let stand 10 minutes so the oats soften.
3. Whisk the flour, salt, baking powder and baking soda, then stir into the oat mixture just until combined. Fold in the chocolate chips.
4. Divide among the cups and bake 14 to 16 minutes, until golden and a toothpick comes out clean.

Swaps: Nut-free as written (check your chocolate chip label). Swap the chips for fresh blueberries, raspberries or dried cranberries.

Storage: Keep in an airtight container 2 to 3 days, or freeze up to 3 months and thaw at room temperature.

Nutrition Facts

Per serving (1 muffin)

Calories	**170**
Total Fat	8 g
Saturated Fat	1.5 g
Sodium	200 mg
Total Carbohydrate	23 g
Dietary Fiber	1 g
Total Sugars	10 g
Added Sugars	9 g
Protein	3 g
Calcium	59 mg
Iron	1 mg
Potassium	94 mg

Why it's good for you

- Oats are a whole grain; whole grains are linked with lower risk of heart disease and type 2 diabetes.[1]
- Milk adds calcium, which keeps bones and teeth strong.[2]
- Oat beta-glucan fiber slows digestion, helping a snack feel more satisfying.[3]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Whole Grains, https://nutritionsource.hsph.harvard.edu/whole-grains/ [2] NIH Office of Dietary Supplements: Calcium fact sheet, https://ods.od.nih.gov/factsheets/Calcium-Consumer/ [3] Harvard T.H. Chan School of Public Health, The Nutrition Source: Oats, https://nutritionsource.hsph.harvard.edu/food-features/oats/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/chocolate-chip-oatmeal-muffins/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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