

PUMPKIN APPLE BAKED OATMEAL MUFFINS

Makes: 18 muffins

Total time: 45 minutes

By: Jen Gerasimas

Ingredients

- 1/2 cup packed light brown sugar or coconut sugar
- 1/2 cup pumpkin puree
- 2 large eggs
- 2 tbsp. coconut oil melted and slightly cooled (or butter)
- 1 cup milk or milk alternative (coconut, almond, soy, etc.)
- 2 tsp. vanilla extract
- 2 1/2 cups old fashioned rolled oats, not quick cooking or steel cut
- 2 tsp. pumpkin pie spice
- 1 tsp. ground cinnamon
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 1/2 cups peeled and diced apples from about 2 small apples



Directions

1. Preheat oven to 350 degrees F. Grease muffin tins with coconut oil or butter. Or use silicone muffin liners, [like these from Amazon](#). I prefer the liners because nothing sticks to them and clean up is a breeze.
2. In a large bowl, whisk together the brown sugar, pumpkin puree, eggs, and melted coconut oil. Stir in the milk and vanilla until well blended.
3. Add the oats, pumpkin pie spice, cinnamon, baking powder, and salt to the wet ingredients. Stir until well combined. Fold in the diced apples until well incorporated.
4. Fill the muffin cups until almost full. Bake for 30 minutes. Cool for at least 5 minutes before serving.

Notes: If storing in a container, remove muffins from the tin or liners and let them cool completely first. Keep in the fridge for up to five days. Or freeze them for up to one month.