

Jammin' Oat Muffins

Ingredients

- Cooking spray
- 6 ounces unbleached all-purpose flour (about 1 1/3 cups)
- 3/4 cup quick-cooking steel-cut oats
- 1/3 cup packed brown sugar
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 1 large egg
- 3/4 cup 1% low-fat milk
- 1/4 cup canola oil
- 1/4 cup maple syrup
- 1/4 cup raspberry preserves or jam

Preparation

Preheat oven to 400°.

Lightly coat a 12-cup muffin tin with cooking spray; set aside. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, oats, brown sugar, baking powder, and salt in a large bowl.

Crack egg into a medium bowl, and beat lightly with a fork. Add milk, oil, and maple syrup; mix well.

Pour egg mixture into flour mixture, and stir until combined (mixture should still be lumpy and very wet). Spoon 1/3 cup batter into each muffin cup. Spoon 1 teaspoon preserves or jam into center of each cup of batter. Bake at 400° for 16 minutes or until muffins spring back when touched lightly in centers. Cool in pan for 5 minutes. Place muffins on a wire rack. Cool 15 minutes before serving.