

Steel-Cut Oatmeal and Chocolate Chip Muffins

Ingredients

- 1 1/2 cups whole-wheat flour
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt - divided
- 3/4 cup [Bob's Red Mill Coconut Sugar](#) - divided
- 2 eggs
- 2/3 cup [Stonyfield Farms Grassfed yogurt](#) (plain)
- 2/3 cup milk
- 1/4 cup canola oil
- 1 teaspoon vanilla
- 1 cup cooked [Bob's Red Mill steel-cut oats](#)
- 1 cup mini-chocolate chips

Preparation

To cook the steel-cut oats, boil 3 cups of water, then add 1 cup steel-cut oats with 1/4 teaspoon salt. Cover and simmer for 20 minutes. When the oats are done, stir in 1/4 cup coconut sugar.

Preheat the oven to 375 degrees with the rack positioned in the upper third. Oil, spray or butter 12 muffin cups.

Sift together the flours, baking powder, baking soda, 1/2 teaspoon of salt and 1/2 cup coconut sugar. In another bowl, beat together the eggs, yogurt, milk, canola oil, and vanilla. Quickly stir in the dry ingredients with a whisk or a spatula. Do not beat, just mix, stirring up from the bottom until you can no longer see flour. A few lumps are fine. Fold in the cooked oats and the chocolate chips.

Spoon into muffin cups, filling them to just below the top. Sprinkle coconut sugar on top if desired. Place in the oven, and bake for 20 to 25 minutes until nicely browned. Remove from the heat, and allow to cool for 10 minutes before unmolding. Cool on a rack, or serve warm.