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## Oatmeal Muffins ♦♦

Oatmeal muffins are a delicious and nutritious breakfast option. They are made with oats, whole wheat flour, and a variety of other wholesome ingredients. These muffins are perfect for busy mornings or as a grab-and-go snack throughout the day.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 12

**Serving Size:** 42 g

### Ingredients

<b>200 g</b>	Rolled Oats
<b>150 g</b>	Whole Wheat Flour
<b>100 g</b>	brown sugar
<b>2 tsp</b>	baking powder
<b>1 tsp</b>	cinnamon

<b>1 tsp</b>	salt
<b>250 ml</b>	milk
<b>2 units</b>	eggs
<b>120 ml</b>	vegetable oil
<b>2 tsp</b>	vanilla extract
<b>100 g</b>	Raisins

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large bowl, combine the rolled oats, whole wheat flour, brown sugar, baking powder, cinnamon, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

In a separate bowl, whisk together the milk, eggs, vegetable oil, and vanilla extract.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 4

Mixing

Pour the wet ingredients into the dry ingredients and stir until just combined. Fold in the raisins.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Plating

Spoon the batter into a greased muffin tin, filling each cup about  $\frac{2}{3}$  full.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 6

Baking

Bake for 18-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 7

### Cooling

Remove from the oven and let the muffins cool in the tin for 5 minutes. Transfer to a wire rack to cool completely.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 6 g

**Protein:** 5 g

**Carbohydrates:** 27 g

## Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	3 g	7.89%	12%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	35 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	180 mg	5.29%	6.92%
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Winter

Spring

Summer

Fall

### Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

### Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

### Difficulty Level

Easy

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