

Recipe posted on gingerfriesen.com, March 2018

## **Pumpkin Oat Yogurt Muffins**

*Adapted from Runningwithspoons.com*

### Ingredients:

- 1 cup plain Greek yogurt (I use Plain Goat Milk yogurt from Trader Joe's)
- 1 cup canned pumpkin (I buy the cheap Aldi brand)
- 2 eggs or flax eggs (see notes)
- 2 cup rolled oats, old-fashioned or quick (I use 1 cup of each)
- 1/4 cup lightly packed brown sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1/3 cup mini chocolate chips (I use Enjoy Life semi-sweet mini chips)

### Instructions:

1. Preheat oven to 400 degrees.
2. Place oats, brown sugar, baking powder, baking soda, and cinnamon in a Vitamix and blend on high until oats are finely ground and ingredients are mixed. If you don't have a Vitamix, try a blender or just mix by hand.
3. In a large mixing bowl, place blended dry ingredients. Then add yogurt, pumpkin, eggs, and vanilla. Use a wooden spoon to mix until combined.
4. Fold in the mini chocolate chips.
5. Fill a Silpat muffin pan with batter (use liners or spray with cooking spray if not using Silpat).
6. Bake for 15-18 minutes, until a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for 10 minutes before removing. Muffins will reduce in size as they cool. Recipe yields 12 muffins.

### Notes:

\*I absolutely always double this recipe. Considering that Bauer eats five of these muffins for breakfast, a single recipe of a dozen muffins won't go far. The great thing about doubling is that you can use a full 14.5 oz can of pumpkin and it is almost the 2 cups you need for a double recipe. Sometimes I use a little applesauce to get up to 2 cups or a little mashed banana. Other times I put an extra spoonful of yogurt to make up the difference.

\*Because Bauer is allergic to eggs, I make "flax eggs" by combining 1 Tablespoon of ground flaxseed (which I buy pre-ground in a bag from Costco) with 3 Tablespoons hot water (heated on the stovetop in a small saucepan). Stir the water into the ground flaxseed with a fork, and then continue to stir several times over the course of a few minutes, until the mixture forms a pasty, gel-like substance. Use in place of the egg. For each egg being replaced, use the ratio of 1 T flaxseed to 3 T hot water. So to double the recipe, I replace 4 eggs with 1/4 cup ground flaxseed and 3/4 cups hot water.