

Muffins Your Way

½ cup rolled oats

1½ cups plus 2 tbsp. all-purpose flour, divided

1 tsp. baking powder

1 tsp. baking soda

1 tsp. ground cinnamon

1 tsp. ground ginger

1 tsp. kosher salt

Pinch of ground cloves

¾ cup granulated sugar

½ cup unsalted butter, melted and cooled or ½ cup olive oil

½ cup milk, any kind (I use almond)

1 large egg, beaten

1 tsp. vanilla extract

Mix ins:

½ cup raisins

1 large Granny Smith, Fuji or Gala apple, peeled and diced

OR

2-3 very ripe mashed bananas

Pecans or walnuts (small handful)

Chocolate Chips (small handful)

1. Preheat oven to 350°. Place muffin tin liners in a muffin pan or spray the tin with nonstick spray.

2. Spread oats on a rimmed baking sheet; bake in preheated oven, stirring occasionally, until the oats are golden brown and smell toasty, 5 to 8 minutes. Watch them carefully so they don't burn.

3. Stir together toasted oats and 1½ cups of the flour in a large bowl. Whisk in baking powder, baking soda, cinnamon, ginger, salt and cloves. Stir in sugar, butter or oil, milk, egg and vanilla. **If using bananas, add with the milk.**

4. Toss together raisins, diced apple/chocolate chips and nuts and remaining 2 tablespoons flour until fruit is well coated. Add mixture to batter, and stir to combine. Evenly divide the batter into each of the 12 baking cups (it's about 3 tablespoons in each)

5. Bake muffins until browned and a wooden pick inserted in the center of muffin comes out clean, 25 to 30 minutes. Cool to room temperature. Store muffins in an airtight container at room temperature up to 4 days or individually wrap in plastic wrap and freeze in a ziploc bag. You can defrost at room temperature or heat them in the microwave.

Recipe adapted from [Small Victories](#) by Julia Turshen

If you don't have a muffin tin, bake in a loaf pan at 325 degrees for 45-60 minutes. Check for doneness with a toothpick.