

Mango Golden Oatmeal Muffins



This muffin blends together trendy golden milk flavor with sweet mango and toasted coconut for a bright start to your day.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 cup	All Purpose Flour
1 cup	Instant or Quick Oats
1 ½ tsp	Baking Powder
½ tsp	Baking Soda
¼ tsp	Kosher Salt
¾ tsp	Turmeric, ground
¾ tsp	Cinnamon, ground
½ tsp	Cardamom, ground
½ tsp	Ginger, ground
⅛ tsp	Black Pepper, ground
2 large	Eggs
½ cup	Brown Sugar, lightly packed
1 cup	Yogurt, plain, low-fat
¼ cup	Canola Oil
1 tsp	Vanilla Extract
1 each	Mango, diced
¼ cup	Coconut, shredded, unsweetened, <u>divided</u>

CHEF'S NOTES

The golden milk trend is rooted in the Indian beverage, haldi doodh, which has been used for centuries to help with many ailments including coughs, colds, and inflammation.

Turmeric's main active ingredient, curcumin, has antioxidant and anti-inflammatory effects which are enhanced when consumed with black pepper.

Mangos have been grown in India for over 5,000 years, making them a great partner to the Indian inspired flavors in these muffins!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 350°F. Line a 12-cup muffin pan with paper liners and spray with non-stick cooking spray. Set aside.
2. In a medium bowl, add the flour, oats, baking powder, baking soda, salt, and spices. Whisk to combine thoroughly.
3. In a separate large bowl, add the eggs, brown sugar, yogurt, oil, and vanilla. Whisk to combine thoroughly, breaking up any clumps of brown sugar, as needed.
4. Add the flour and oat mixture to the wet ingredients. Using a rubber spatula, stir until well mixed.
5. Fold in the diced mango and 2 Tbsp of the shredded coconut.
6. Use a scoop (1 ½ oz size) to transfer the batter evenly into the prepared muffin pan. Top with the remaining 2 Tbsp shredded coconut (about ½ tsp on each muffin).
7. Bake until a toothpick inserted in the center muffin comes out clean, about 20 minutes.

Nutrition Facts

12 servings per container

Serving Size 1 muffin (76 g)

Amount per serving

Calories 180

% Daily Value *

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 30mg 11%

Sodium 180mg 8%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 6%

Total Sugars 12g

Includes 8g Added Sugars 16%

Protein 5g 9%

Vitamin D 0.18mcg 0%

Calcium 50mg 4%

Iron 0.79mg 4%

Potassium 100mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

