

PB&J Baked Oatmeal Muffins



This breakfast combines the classic flavors of peanut butter and jelly while providing valuable fuel to start your day. Makes a great Sunday make ahead dish to set your mornings up for success during the week.

| YIELD | PREP TIME | TOTAL TIME |
|------------|-----------|------------|
| 9 SERVINGS | 10 MIN | 35 MIN |

INGREDIENTS

| | |
|---------|---|
| 2 cups | Quick Oats |
| 1 tsp | Baking Powder |
| 1 tsp | Cinnamon, ground |
| ¼ tsp | Kosher Salt |
| 3 large | Eggs |
| 1 cup | Milk, 1%, low-fat |
| ¼ cup | Light Brown Sugar |
| 3 Tbsp | Canola Oil |
| 1 tsp | Vanilla Extract |
| ⅓ cup | Peanut Butter, smooth |
| ⅓ cup | Low Sugar Jam, Jelly or Preserves, any flavor |

CHEF'S NOTES

Allergic to peanuts? You can swap peanut butter for your favorite nut or seed butter!

Love peanuts? Try this with crunchy peanut butter for added texture. You could also add some chopped, unsalted peanuts to the top of the oatmeal mixture before baking.

Another option for more fruit flavor and added texture is using your favorite frozen berries in place of the jam.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 350°F. Line a 12-cup muffin tin with paper liners and spray with nonstick cooking spray. Set side.
2. In a medium mixing bowl, use a whisk to combine the oats, baking powder, cinnamon, and salt.
3. In a separate medium mixing bowl, use a whisk to thoroughly blend the eggs, milk, brown sugar, oil, and vanilla.
4. Add the peanut butter to a microwave safe bowl and heat for about 30 seconds, until loose and a more pourable consistency.
5. Add the oat mixture to the wet mixture and use a rubber spatula to combine. Add the peanut butter and mix (some lumps of peanut butter are fine).
6. Using an ice cream scoop, divide the mixture into the 12 prepared muffin cups.
7. Use a small spoon to dollop jam on the top of the oatmeal mixture.
8. Bake for 18-20 minutes, or until a toothpick inserted in the center comes out clean. Transfer to a cooling rack to cool before serving or storing.

Nutrition Facts

12 servings per container

Serving size 1 muffin (70g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 140mg 6%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 7g Added Sugars 14%

Protein 5g 10%

Vitamin D 0.5mcg 2%

Calcium 60mg 4%

Iron 0.9mg 4%

Potassium 90mg 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.

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