

Mango Oat Muffins



This muffin blends together the warm flavors of cinnamon and ginger along with sweet mango and 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
1 tsp	Cinnamon, ground
½ tsp	Ginger, 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

CHEF'S NOTES

This recipe makes a perfect base for a variety of fruit and mix-ins. Swap out the mango for your favorite berry or even a diced apple! For extra crunch, try topping with chopped nuts or shredded coconut.

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 just combined.
5. Fold in the diced mango. Use a scoop (1½ oz size) to transfer the batter evenly into the prepared muffin pan.
6. Bake until a toothpick inserted in the center muffin comes out clean, about 18-20 minutes.

Nutrition Facts

12 servings per container

Serving size 1 muffin (88g)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 180mg 8%

Total Carbohydrate 27g 10%

Dietary Fiber 2g 7%

Total Sugars 14g

Includes 9g Added Sugars 18%

Protein 4g 8%

Vitamin D 0.4mcg 2%

Calcium 90mg 6%

Iron 1.1mg 6%

Potassium 150mg 4%

* 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.

CONTAINS: MILK, EGG, WHEAT



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