



CINNAMON TWO-BITE MUFFINS

MAKES
24

INGREDIENTS

- 1 cup (250 mL) Canadian milk
 - 1 egg
 - 1 cup (250 mL) quick cooking oats
 - 1 tsp (5 mL) vanilla
 - ¼ cup (60 mL) butter, melted
 - ¼ cup (60 mL) sugar
 - 1 tsp (5 mL) cinnamon
 - ½ tsp (2.5 mL) nutmeg
 - ½ cup (125 mL) whole wheat flour
 - ½ cup (125 mL) white flour
 - 2 tsp (10 mL) baking powder
 - ⅛ tsp (0.5 mL) salt
- Topping:
- 2 tbsp (30 mL) sugar
 - 1 tsp (5 mL) cinnamon
 - ⅛ tsp (0.5 mL) nutmeg

DIRECTIONS

1. Heat oven to 375°F (190°C). Grease mini muffin tins and set aside.
2. Mix milk, egg, oats and vanilla in a large bowl. Let soak for 10 minutes.
3. Melt butter. Let cool slightly and then add to oat mixture.
4. Combine dry ingredients in a bowl (except for topping). Add to oat mixture and stir just until combined.
5. Spoon batter into muffin cups, filling 2/3 full.
6. Bake for 10 minutes or until a toothpick inserted in the centre comes out clean. Remove from oven and let cool in pan for a minute.
7. Mix topping ingredients in a sealable bag. Place muffins in bag while still hot. Close bag and shake to coat with cinnamon sugar mixture.
8. Remove from bag and let cool on a wire rack.

