Cleo Coyle's Oatmeal Muffins with Maple Glaze

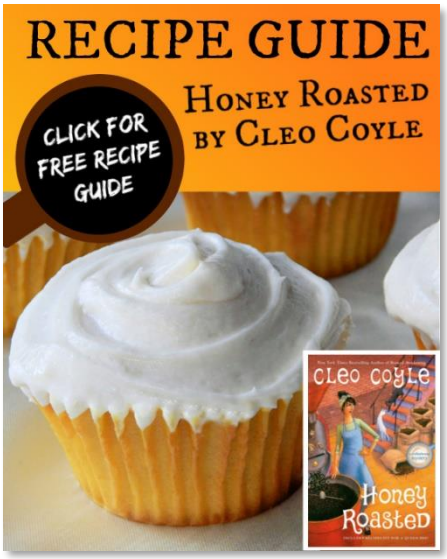
Text and photos (c) by Alice Alfonsi who writes The Coffeehouse Mysteries as Cleo Coyle with her husband, Marc Cerasini.

Oatmeal muffins are a fantastic way to curb the appetite. The oats bring fiber and nutrition to recipes and a satisfying feeling of fullness when eaten. BUT oats are a tricky ingredient to incorporate into a muffin without ruining its texture. That's why I call these "The Best" Oatmeal Muffins. Because I spent a very long day perfecting the darn things! These muffins have good texture, flavor, and beautiful high peaks for pretty service. The maple glaze glosses the muffin tops with a buttery-caramel sweetness that pairs perfectly with the muffins below it. A great breakfast or coffee break treat, it will wow your taste buds. May you eat with joy! ~ Cleo

Makes 6 muffins

Ingredients:

1 large egg
3/4 cup milk (2% or whole)
5 tablespoons canola *(or vegetable)* oil
1/4 cup light brown sugar, packed
2 teaspoons pure vanilla extract
1 teaspoon cinnamon
½ teaspoon nutmeg
1/4 teaspoon table salt
2 teaspoons baking powder
1/2 cup "quick cooking" rolled oats *(not "instant")*
3/4 cup all-purpose flour
(optional) 1/3 cup finely chopped walnuts or pecans



Free Recipe Guide to Cleo's new culinary mystery ***Honey Roasted:*** ***click here.***

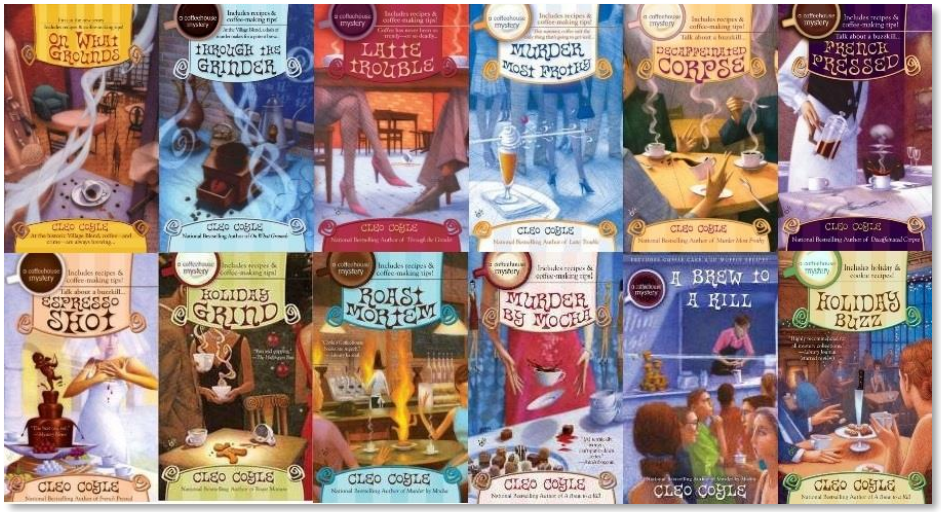
Step 1 – Begin batter: First Preheat your oven to 425° Fahrenheit. Crack your egg into a mixing bowl and beat lightly with a fork. Whisk together milk, oil, light brown sugar, vanilla, cinnamon, salt, and baking powder. Be sure baking powder is completely dissolved in liquid.

Step 2 – 10 Minute oat soak: Stir in oats and allow them to soak and soften for 10 minutes. Meanwhile, prep your muffin pan (see Step 4).

Step 3 – Finish batter: Add flour to the soaking oats and stir gently to form a lumpy batter. Do not over mix at this stage or you will develop the gluten in the flour and your muffins will be tough instead of tender—but do make sure all raw flour is blended into the batter. If adding nuts, fold in now.

Step 4 – Bake: Lightly coat muffin pan with non-stick spray. Evenly divide the batter among the six cups. Bake in your well pre-heated 425° F. oven for about 13 to 15 minutes or until top of muffin is firm to the touch and a toothpick inserted comes out clean.

NOTE: If muffins remain in hot pan, bottoms may steam and become tough. Remove muffins from pan after five or so minutes of cooling. Finish cooling on a rack and dip tops in my **Easy Maple Glaze**. You'll find the recipe on page 3, and may you…



Eat with joy! ~ Cleo

Find more recipe ideas in the recipe sections of Cleo Coyle's 18 Coffeehouse Mysteries.
Learn more here.

Cleo Coyle's Easy Maple Glaze

Text and photos (c) by Alice Alfonsi who writes The Coffeehouse Mysteries as Cleo Coyle with her husband, Marc Cerasini.

This is a simple buttery-caramel glaze for muffins. It hardens as it dries, giving your baked goods a sweet caramel-colored crust. This small-batch version perfectly fits my six-muffin recipe. Enjoy! ~ Cleo

Makes enough to glaze 6 muffins

Ingredients:

2 tablespoons butter (standard salted)

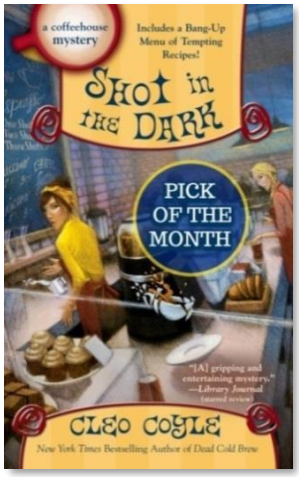
2 tablespoons pure maple syrup

1/2 cup confectioners' sugar

Directions: Melt butter in a small saucepan with maple syrup and whisk in confectioners' sugar. Whisk well, until smooth. Cook a few minutes while whisking, bringing to a light boil to dispel the raw taste of the sugar. Test the glaze on the back of a spoon. Does it coat smoothly and harden after cooling? If the glaze seems too thick, whisk in a splash more maple syrup. If too thin, whisk in more sugar. Keep glaze warm. If it hardens in your pan, reheat while whisking in a bit more maple syrup. Dip tops of cooled muffins and…

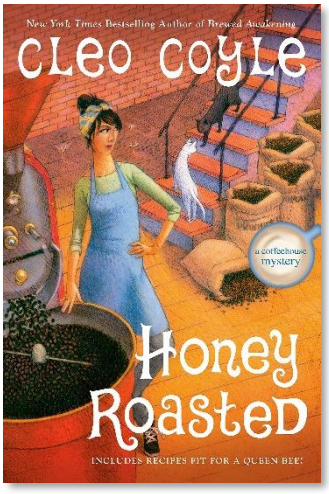
Eat with joy! ~ Cleo

Brewed Awakening
5 Best of Year Lists!
Free Recipe Guide here.



Shot in the Dark
**Starred Review –Library Journal*
Free Recipe Guide here.

The Coffeehouse Mysteries are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes.
To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com
And her recipe blog at www.CleoCoyleRecipes.com



New! *>* *Honey Roasted*
"A honey of a tale" ~ Kirkus
Free Recipe Guide here.