

Cleo Coyle's Oatmeal Cookie Muffins

Text & photos (c) by Alice Alfonsi, who writes the [Coffeeshouse Mysteries](#) as [Cleo Coyle](#) in collaboration with her husband, Marc Cerasini

Packed with the nutrition and fiber of oatmeal, these muffins are redolent with the flavors of brown sugar, cinnamon, and raisins, just like a warm, fresh-baked oatmeal cookie. So what's the benefit of eating whole grains? For one thing, fiber-rich whole grains take longer to break down in your body, which means your glucose levels will remain constant instead of shooting up and crashing down (so you won't be craving another snack an hour later). With a warm cup of coffee, one of these muffins is deliciously filling, curbing the appetite between meals.

May you eat with joy! ~ Cleo Coyle, author of [The Coffeeshouse Mysteries](#)



Makes 6 standard muffins

- 1 cup buttermilk (*low fat is fine*)
- ½ cup rolled oats (*old fashioned, not quick cooking, I use Quaker, see note*)*
- 1 egg
- ½ cup dark brown sugar
- 2 tablespoons canola (*or vegetable*) oil
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- ¼ teaspoon salt
- ½ cup raisins
- 1 cup all-purpose white or “white whole wheat” flour (*see my note*)**
- ½ teaspoon baking powder
- ½ teaspoon baking soda

*You can also use “steel cut” oats for this recipe, such as McCann’s Irish Oatmeal. Steel cut oats will give your muffin a chewier, nuttier texture, as if you’ve added chopped walnuts to the muffin. The rolled oats (like Quaker old fashioned) will give your muffins a softer, cake-like texture. Look for “steel cut” oats wherever cereal and oatmeal are sold.

**I like to use the King Arthur brand of “white whole wheat” flour. This is a lighter type of whole wheat flour that gives you the fiber and nutritional benefits of whole grain but with a taste and texture closer to white flour. You can substitute white whole wheat flour for all-purpose flour at a 1:1 ratio. While this will not work in an angel food cake or puff pastry, you can get good results using it in cookies, muffins, brownies, quick breads, and yeast breads. Learn more by clicking [here](#).

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mystery **Shot in the
Dark**: [click here](#).

Step 1 – Soak oats overnight: Very easy. Combine buttermilk and oats in a bowl or plastic container. Cover and place in refrigerator overnight (or at least 6 hours before making muffins). At the right, you can see my *before* and *after* soaking photos. >>>



Step 2 – Make batter: Crack egg into a bowl and beat lightly with fork, add buttermilk and oat mixture (from Step 1), dark brown sugar, oil, cinnamon, vanilla, salt, raisins. Stir well to combine. Now add flour, baking powder, and baking soda and stir to create a lumpy dough, but **DO NOT over mix** at this stage or you'll develop the gluten in the flour and your muffins will be tough instead of tender.



Step 3 – Bake: Pre-heat oven to 375° Fahrenheit. Line muffin cups with paper liners and lightly coat the papers and top of your muffin pan with non-stick cooking spray.

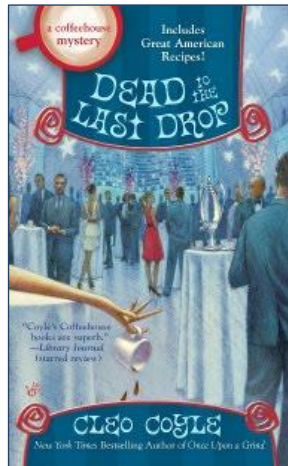
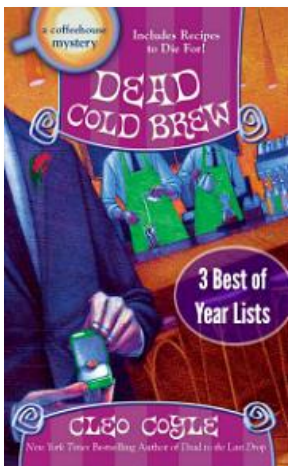
(This dough is low in fat and may stick to your paper liners if you don't lightly coat them with non-stick spray.)



Using two tablespoons, drop dough into muffin cups, filling to top. Bake in your well pre-heated 375° F. oven for 15 to 20 minutes or until top of muffin is firm to the touch and a toothpick inserted comes out clean.

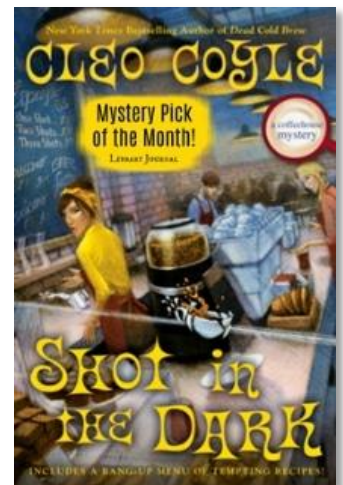
Remove pan from oven. **NOTE:** If muffins remain in hot pan, the bottoms may steam and become tough. Remove muffins from pan as soon as possible. Finish cooling on a rack and...

Eat with joy! —Cleo



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