



Pumpkin Spice Peanut Butter Oatmeal Muffins



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Introduction

Pumpkin spice peanut butter oatmeal muffins are a delightful fall treat that combines the warm flavors of pumpkin spice with the creaminess of peanut butter. Perfect for breakfast or as a snack, these muffins are both nutritious and satisfying.

Detailed Ingredients with measures

- 1 cup rolled oats
- 1 cup pumpkin puree
- 1/2 cup peanut butter
- 1/4 cup honey
- 2 eggs
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- 1 teaspoon pumpkin spice
- 1/2 teaspoon salt

Prep Time

The prep time for these delicious muffins is approximately 10 minutes. This quick preparation makes it easy to whip up a batch even on a busy morning.

Cook Time, Total Time, Yield

Cook time for the muffins is around 20 minutes. Therefore, the total

time for making these muffins comes to about 30 minutes. This recipe yields about 12 muffins, making it an ideal option for sharing or meal prep.



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Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 350°F (175°C). Grease a muffin tin or line it with muffin liners.

Step 2: Prepare the Ingredients

In a large mixing bowl, combine rolled oats, pumpkin puree, eggs, peanut butter, maple syrup, vanilla extract, pumpkin spice, baking powder, and salt.

Step 3: Mix the Ingredients

Stir the mixture thoroughly until all the ingredients are well combined and the batter is smooth.

Step 4: Fill the Muffin Tin

Spoon the batter evenly into the prepared muffin tin, filling each cup about two-thirds full.

Step 5: Bake the Muffins

Place the muffin tin in the preheated oven and bake for 18 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

See also [Air Fryer Bagel Pizzas Recipe Quick Easy](#)

Step 6: Cool the Muffins

Once baked, remove the muffins from the oven and allow them to cool

in the tin for about 5 minutes before transferring them to a wire rack to cool completely.

Notes

Note 1: Storage Guidelines

Store the muffins in an airtight container at room temperature for up to 3 days. For longer storage, refrigerate for up to a week or freeze for up to 3 months.

Note 2: Variations

Feel free to customize your muffins by adding nuts, chocolate chips, or dried fruit to the batter before baking.

Note 3: Pumpkin Spice

If you do not have pumpkin spice, you can use a mix of cinnamon, nutmeg, and ginger as a substitute.



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Cook techniques

Mixing Ingredients

Mix together the dry ingredients and wet ingredients separately before combining them. This ensures an even distribution of flavors and textures in your muffins.

Baking Time and Temperature

Bake the muffins at 350°F (175°C) for the recommended time to achieve a perfect rise and golden color. Monitor them closely to prevent overbaking.

Using Muffin Liners

Line your muffin tin with paper liners to make removing the muffins easier after baking. This also helps to keep the muffins moist.

Adding Mix-Ins

Feel free to experiment with mix-ins like nuts or chocolate chips. Just fold them in gently after combining the batter to maintain the muffins' fluffiness.

Storage Tips

Store the muffins in an airtight container at room temperature for up to a few days or freeze them for longer storage. Reheat before serving for the best taste.

FAQ

Can I use a different type of nut butter?

Yes, you can substitute peanut butter with almond butter or sunflower seed butter, depending on your preference.

See also [Green Bean Stuffing Casserole](#)

How can I make these muffins gluten-free?

You can use a gluten-free flour blend in place of regular flour to make the muffins gluten-free.

Is it possible to reduce the sugar in the recipe?

Yes, you can decrease the amount of sugar according to your taste, but keep in mind that it may affect the texture and sweetness of the muffins.

Can I add fresh pumpkin instead of canned?

Yes, you can use fresh pumpkin puree, but make sure it is well pureed and has the same consistency as canned pumpkin.

How do I know when the muffins are done?

You can check for doneness by inserting a toothpick into the center of a muffin; if it comes out clean, the muffins are ready.



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Conclusion

These pumpkin spice peanut butter oatmeal muffins are a delightful autumn treat that combines the rich flavors of pumpkin and peanut butter with the wholesome goodness of oats. They are perfect for breakfast or as a snack, and their moist texture makes them a favorite for both kids and adults. Enjoy them fresh out of the oven or store them for a quick grab-and-go option throughout the week.

More recipes suggestions and combination

Banana Nut Oatmeal Muffins

Combine ripe bananas with chopped walnuts and oats for a hearty muffin that's full of flavor and nutrition.

Apple Cinnamon Oatmeal Muffins

Mix in diced apples and a sprinkle of cinnamon to create a delightful back-to-school snack that everyone will love.

Chocolate Chip Peanut Butter Muffins

Add chocolate chips to the pumpkin spice peanut butter muffin base for a sweet treat that satisfies your chocolate cravings.

See also [Beer Battered Onion Rings](#)

Carrot Cake Oatmeal Muffins

Incorporate shredded carrots, raisins, and spices for a muffin that brings the classic flavors of carrot cake to a healthy option.

Maple Pecan Oatmeal Muffins

Infuse your muffins with maple syrup and chopped pecans for a nutty, sweet flavor that's perfect for breakfast.



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