



COCONUT OAT MUFFINS

September 2

World Coconut Day

INGREDIENTS

- 2 Cups All Purpose Flour
- 1 Cup Quick Cooking Oats
- 2 Teaspoons Baking Powder
- ½ Teaspoon Ground Cinnamon
- ¼ Teaspoon Salt
- 1 Cup Sugar
- 2 Cups Packed Shredded Coconut
- 2 Large Eggs
- 1 Cup Milk
- 1½ Teaspoon Vanilla Extract
- 5 Tablespoons Butter (melted)

DIRECTIONS

1. Preheat oven to 350°. Line a 12-cup muffin tin with paper liners.
2. In a large mixing bowl, whisk together flour, oats, baking powder, cinnamon, salt and sugar. Stir in shredded coconut.
3. In a medium bowl whisk together eggs, milk and vanilla extract. Make a well in the center of the dry ingredients and pour in egg mixture. Stir until the wet ingredients are almost fully combined and only a few streaks of flour remain.
4. Pour in the melted butter and stir until butter is completely incorporated and no streaks of dry ingredients remain. Divide evenly into prepared muffin pan (muffin cups will be very full).
5. Bake for 22-25 minutes, or until a toothpick inserted into the center comes out clean.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

12 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	1½ Muffins