

# Almond Butter Muffins

Combine the nutty flavors of almond and the sweet flavors of agave nectar to create this delicious addition to your breakfast rotation that is sure to be a family favorite.



**Servings:** 12



**Prep time:** 10 minutes

**Cook time:** 20 minutes



## Ingredients

- 3 cups plus 1 tbsp Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/8 tsp salt
- 1 cup non-fat milk
- 3 tbsp agave nectar
- 1/4 cup almond butter
- 1 tbsp canola oil
- 1 large egg, beaten
- 1 1/2 tbsp sliced almonds



## Instructions

- Heat oven to 400°F.
- Lightly spray 12 medium muffin cups with cooking spray or line with paper baking cups.
- Place 1 cup oats in blender or food processor container and process until oats are finely ground.
- In large bowl, combine, ground oats, remaining 2 cups oats, flour, baking powder and salt; mix well.
- In small bowl, combine milk, agave, almond butter, oil & egg; mix well.
- Add wet ingredients (small bowl) to dry ingredients (large bowl); stir just until dry ingredients are moistened.
- Fill muffin cups. Sprinkle with remaining oats and the almonds, pressing lightly into batter.
- Bake 15 to 18 minutes or until golden brown.
- Cool muffins in pan on wire rack 5 minutes.
- Remove from pan and serve warm.
- **Note:** To freeze leftover muffins, place in freezer bag; seal securely. Freeze up to 2 months. To reheat, place one muffin on microwave-safe plate and microwave on high for 20-30 seconds.



## Nutrition Info

**Calories:** 170  
**Total fat:** 6 g  
**Saturated fat:** 1 g  
**Cholesterol:** 20 mg  
**Sodium:** 130 mg  
**Total Carbohydrates:** 24 g  
**Dietary Fiber:** 3 g  
**Total Sugar:** 6 g  
**Protein:** 6 g