

Maple Oatmeal Muffins

1 cup rolled oats
½ cup milk
1 cup all-purpose flour
2 tsp. baking powder
¼ tsp. salt
¼ tsp. ground cinnamon
¾ cup maple syrup
¼ cup butter, melted
1 egg, lightly beaten
½ cup chopped pecans.

Grease twelve 2 1/2 " muffin cups or line with paper baking cups. Set aside. In a medium bowl, combine oats and milk; let stand for 5 min. In a large bowl, combine flour, baking powder, salt and cinnamon. Make a well in center of flour mixture; set aside. Stir in maple syrup, melted butter and egg into oats mixture. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold half of pecans into the batter. Spoon batter into prepared muffin cups, filling each 2/3 full. Sprinkle with remaining nuts. Bake at 400F 15-18 min.