

Gingered Oatmeal Muffins

YIELD: 1 dozen muffins

BAKING TEMPERATURE: 400°F

BAKING TIME: 20 minutes

These muffins debuted to universal hosannas from our tasters, who proclaimed them to have just the right amount of spice, and who liked the way their light, fluffy texture contrasted with the chewy appeal of the old-fashioned rolled oats. The white whole wheat earns its nickname of "sweet wheat" in this recipe.

Muffin batter

- 1 cup (4 ounces) white whole wheat flour
- ½ cup (1⅝ ounces) oat flour
- ¾ cup (2⅝ ounces) old-fashioned rolled oats
- ¾ cup (5⅝ ounces) packed light or brown sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup plus 2 tablespoons (9 ounces) milk
- ¼ cup (1¾ ounces) vegetable oil or melted unsalted butter
- 2 large eggs
- 1 teaspoon vanilla extract
- ½ cup (3¼ ounces) diced crystallized ginger

Topping (optional)

- 2 tablespoons (⅞ ounce) granulated sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger

Preheat the oven to 400°F. Lightly grease a muffin tin or line with papers and coat the papers with nonstick spray.

Stir together the flours, oats, sugar, baking powder, and salt in a large bowl. In a separate bowl, beat together milk, oil (or butter), eggs and vanilla. Gently stir the wet ingredients into the dry ingredients, mixing only enough to blend. Stir in the crystallized ginger. If making the topping, stir the sugar and spices together.

Scoop the batter into the prepared pan. Sprinkle the muffins with the topping, if using. Bake the muffins until golden brown and a cake tester inserted into the center comes out clean, 20 minutes. Remove from the oven and allow the muffins to cool in the pan for 5 minutes, then turn them out onto a rack to finish cooling.

NUTRITION INFORMATION PER SERVING (1 MUFFIN, WITHOUT TOPPING, 72G): 14g whole grains, 183 cal, 6g fat, 4g protein, 12g complex carbohydrates, 19g sugar, 2g dietary fiber, 36mg cholesterol, 213mg sodium, 152mg potassium, 30RE vitamin A, 2mg vitamin C, 1mg iron, 139mg calcium, 139mg phosphorus.