

## Make-Ahead Breakfast Muffins You'll Actually Look Forward to Eating

When you need a quick breakfast but still crave something warm, wholesome, and homemade, these



**OVEN**  
**350°F**

**TIME**  
**30 min**

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### INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1/2 cup sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup milk
- 1/4 cup vegetable oil
- 1 large egg
- 1 tsp vanilla extract
- 1/2 cup rolled oats
- 1/2 cup fruit (fresh or mashed banana, blueberries, or diced apple)

### DIRECTIONS

1. ? 1. Preheat & Prep: Preheat oven to 350°F (175°C). Grease or line a muffin tin with paper liners.
2. ? 2. Mix Dry Ingredients: In a large bowl, whisk together:
  3. Flour
  4. Sugar
  5. Baking powder
  6. Baking soda
  7. Salt
8. ? 3. Combine Wet Ingredients: In a separate bowl, whisk:
  9. Milk
  10. Vegetable oil
  11. Egg
  12. Vanilla extract
13. ? 4. Fold Everything Together: Pour wet ingredients into dry ingredients and stir just until combined. Fold in the oats and fruit gently.
14. ? 5. Bake: Spoon batter into muffin tins, filling each about 2/3 full. Bake for 18-20 minutes, or until a toothpick inserted comes out clean.
15. Let cool for a few minutes before removing and serving.

### SWAPS & NOTES

Make it healthier : Sub in whole wheat flour or use maple

syrup instead of sugar.

Add-ins : Stir in chopped nuts, cinnamon, or flaxseed for extra nutrition.

Use almond or oat milk instead of regular milk.

Fruit options : Bananas for natural sweetness, blueberries for a classic combo, apples for crunch and fall flavor.

### TIPS FOR SUCCESS

Don't overmix -it can make the muffins tough.

Stir just until ingredients are incorporated.

Use ripe bananas for natural sweetness if using them.

Sprinkle a few oats or coarse sugar on top before baking.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/make-ahead-breakfast-muffins-youll-actually-look-forward-to-eating/>