

# OATMEAL PEPITA MUFFINS



## Ingredients & Scaling:

Ingredients	6 Servings	12 Servings	24 Servings	48 Servings
Whole-wheat flour	1/2 cup	1 cup	2 cups	4 cups
Oats	1 cup	2 cups	4 cups	8 cups
Brown sugar	1/3 cup	2/3 cup	1 1/3 cup	2 2/3 cup
Baking soda	1 tsp	2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Milk	1 cup	2 cups	4 cups	8 cups
Canola oil	1/4 cup	1/2 cup	1 cup	2 cups
Egg, large	1	2	4	8
Vanilla	1 tsp	2 tsp	1 Tbsp + 1 tsp	2 Tbsp + 2 tsp
Toppings				
Oats	1/4 cup	1/2 cup	1 cup	2 cups
Pepitas	1/4 cup	1/2 cup	1 cup	2 cups
Brown sugar	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup

Tbsp = tablespoon tsp = teaspoon Serving Size = 1 muffin

## Preparation:

1. Preheat oven to 400°F. Spray a muffin tray with non-stick spray.
2. In a bowl, add oats, pepitas & brown sugar. Mix well & set aside.
3. In a medium bowl, combine milk, oil, egg & vanilla. Blend well.
4. In another bowl, combine flour, oats, brown sugar & baking powder.
5. Add wet ingredients to dry ingredients & stir until combined completely.
6. Fill muffin cups 3/4 full. Sprinkle topping mixture & pat pepitas gently into batter.
7. Bake 18-20 minutes or until a toothpick inserted comes out clean.

**Cook Time: 15 min**

## CACFP Guidelines

1 muffin provides 1/2 oz equivalent in grains

### • TIP •

*Try adding dried fruits like cranberries or raisins on top with the pepitas before baking for extra flavor & sweetness!*

## Nutrition Facts

variable servings per recipe

**Serving size** 1 Muffin (103g)

**Amount per serving**

**Calories** **290**

**% Daily Value\***

**Total Fat** 14g **18%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 35g **13%**

Dietary Fiber 3g **11%**

Total Sugars 17g

Includes 14g Added Sugars **28%**

**Protein** 7g

Vitamin D 0mcg **0%**

Calcium 80mg **6%**

Iron 1.6mg **8%**

Potassium 230mg **4%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# OATS & PEPITAS



## Health Benefits

Oats support heart health, digestion & blood sugar management. Pepitas (pumpkin seeds) are rich in healthy fats, protein & minerals like magnesium & zinc. They are great for topping muffins, adding to snack mixes, or sprinkling on salads. Whole wheat flour adds fiber & helps you stay full. These muffins offer lasting energy & solid nutrition.

## History

Pumpkins have been grown in the Americas for over 7,500 years. Indigenous people used all parts, including seeds, for food & medicine. Muffins come from European baking traditions, but early American versions often included native foods like berries, cornmeal, or squash. This recipe blends both traditions: a European-style muffin with Indigenous ingredients.



## Culture

The mix of oats & pepitas shows how food traditions can blend. Indigenous communities used seeds in many ways: raw, roasted, or ground to thicken stews. While muffins seem modern, the idea of baking small portions for storage or sharing is ancient. Using pepitas connects us to traditional practices of using every part of the harvest.

## Varieties

This muffin can be adapted by season or location. Traditional grains like cornmeal or wild rice can replace oats. Indigenous groups sweetened food with maple syrup, honey, or mashed fruits like berries or persimmons. Pumpkins are still used today in soups, breads & desserts. You can also add squash purée, sunflower seeds, or dried fruit. These swaps show how traditional ingredients remain part of modern recipes.



## Works Cited



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## Recommended Kids Books:

- *Seeds Move!* - By Robin Page
- *The Land Knows Me* - By Leigh Joseph

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